BBC goodfood
Middle East
May 2023
DHS15
www.bbcgoodfoodme.com

Summer's here

- Early peas & beans on toast
- Sweet chilli salmon lettuce wraps
- Masala spatchcock chicken with roast garlic & tahini spinach

Bake a stuffed-crust Chocolate pizza

SOW, GROW, GLOW

Cook wholesome dishes with homegrown fruit & veg

TRAVEL

An enchanting escape in Doha

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Get caught in the vibrancy of the Italian table pastime.
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Welcome!



As the temperatures soar, our menus are getting a summer update, teeming with vibrant greens, fresh fruit and lighter plates to beat the heat. *Midweek meals* (p20) showcase free-from recipes this month, omitting dairy, eggs and nuts, while Melissa Thompson encourages readers to fire up the barbecue for an innovative Masala spatchcock chicken (p44).

Those with an adventurous palate can try recipes with unique ingredient combinations, such as the Tahini & white chocolate cookies (p48) and Cheese, chorizo & tomato scone loaf (p60). Our new series *Sow, grow, glow* offers expert advice for readers who are keen on growing fresh fruit and veg at home - don't miss our Early peas & beans on toast cover recipe for a simple lunch (p37). You can also find plenty of dessert inspiration, from babka (p48) to Banoffee mess (p45), Devil's food cake (p54), Stuffed-crust chocolate pizza (p56) and Brownie banana bread (p60).

Happy Reading!

Nicola Monteath
Editor

These are a few of our favourite dishes...



"Hosting friends is much easier when I have a Tom Kerridge recipe to follow. Can't go wrong with a One-pan pulled beef brisket for a weekend at home with friends."

Liz Smyth, Group Sales Director



"Babka is a bake I've always wanted to attempt but never got around to. This Blueberry & soft cheese variation offers the perfect shortcut."

Blanche D'mello, Assistant Editor



"I love anything with sumac. I'll be making this under 30-minute sandwich for a quick weekday lunch."

Gill Fairclough, Sales Director

BBC goodfood Middle East

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Our recipe descriptions

V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork. They are clearly marked and are for non-Muslims only. Look for this symbol:
P Contains pork.

YOUR SAY

We love hearing from you!

STAR LETTER



I always turn to *BBC Good Food Middle East* for quick and easy recipes as I need to make meals for my family and lunch boxes for my little one and I always find something new and interesting. I really enjoyed the Kids' Kitchen section, my 5-year-old daughter and I made the Roasted pepper shakshuka. As there were step-by-step photos, she really enjoyed and understood the whole process and with very little instruction from my side. She kept browsing the magazine and asking me to make other recipes as well and I am definitely going to try the Chole with cumin rice and raita next!

Heena Naik



The Ramadan-inspired issue was my all-time favourite read this year. From tantalizing Iftar ideas all the way to gorgeous Ramadan gifting ideas, the magazine was jam-packed with practical content. I'm a big fan of Moroccan food and the sweet and tangy Tagine segment featuring a Moroccan-style chicken with sour cherries and olives really piqued my interest.

Aysha Bulbulia



Every issue of *BBC Good Food Middle East* excites me as I am certain that there will be varieties of recipes that are worth trying. I decided to quit eating out this month as I did not have full control over the food we had recently. I flipped through the pages of the magazine and was thrilled to find some food I would love to cook for my family such as Joe Wood House's Vegetarian feast, Mama Socratous Avgolemoni, and On the table in 30 minutes recipes as it is very important that the food is prepared in a manner that is not just quick but also flavourful. I am beyond words to describe how I appreciate *BBC Good Food Middle East* for the wonderful content you offer your avid readers like me.

Joanna Karen Alota

WIN!

A SPECTACULAR BRUNCH FOR FOUR AT FOGUEIRA RESTAURANT AND LOUNGE, WORTH AED1,400

Situated on the 35th floor of Delta Hotels Jumeirah Beach Dubai, discover an exquisite culinary experience at Fogueira Restaurant & Lounge's Casa Latina Brunch. Indulge in a wide array of culinary delights including live stations serving up grilled Churrasco meats, Brazilian street food, fresh seafood, cold cuts, antipasti, and scrumptious churros against the picturesque backdrop of iconic Ain Dubai and the Arabian Gulf.

To send in your Star Letter and win this prize, visit the Competitions page on bbcgoodfoodme.com



TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Office 1307, DSC Tower, Dubai Studio City, Dubai, United Arab Emirates, PO Box 13700.

Photographs SUPPLIED

EU BEE HONEY

www.eubeehoney.eu

ENJOY IT'S FROM EUROPE

European Soul Delight!

Europe is worldwide famous for her rich gastronomic tradition, a tradition inextricably connected with the European land and the rich production. A very strict legal framework has been established that forces European producers to apply the highest quality and food safety standards throughout the production process in order to ensure that only a really nutritious and tasty product will reach the consumer's plate.

Based on this frame, we present you the EU financed campaign "EU BEE HONEY", which promotes high quality beekeeping products, such as natural honey, pollen, propolis and beeswax.

The aim of the program is to increase the awareness about European bee honey and to increase the consumption in the countries of U.A.E, Saudi Arabia and Japan.

"EU BEE HONEY" program foresees an integrated 3-year campaign and includes activities that inform consumers, opinion leaders and professionals of the food industry such as print and online advertising, participation in trade fairs, organizing events etc.

For more information please visit our website www.eubeehoney.eu

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BEEKEEPING COOPERATIVE OF THASSOS

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NEWS *nibbles*

What's hot and happening in the culinary world, in the UAE and across the Middle East





THE BEST BITES



REGIONAL PARTNERSHIP

UAE-based Kibsons has joined forces with Marks & Spencer, offering customers over 1,000 premium M&S Food items delivered right to their doorstep with just a click of a button. The diverse selection includes pantry essentials such as pasta sauces, breakfast cereals, hand-cooked crisps, and coffee, along with a variety of ready-to-eat meals, delectable sourdough bread, crumpets, cookies, and the iconic Colin the Caterpillar sweets and mini-bite tubs.

Visit kibsons.com.

The premium ice cream brand Bachir has introduced two brand-new additions to its exquisite menu. Customers can indulge in the signature Ashta ice cream cake dipped in pistachios and renowned for its rich flavour and smooth, creamy texture or the Chocolate and strawberry ice cream cake that features chocolate and strawberry ice cream covered in a decadent chocolate layer.

AED195. Available via Deliveroo, Talabat, Radyes, and Careem and in-store across City Walk, Galleria Mall, and Al Jada Sharjah. Visit bachir.com.

Photographs SUPPLIED



NEW CAFÉ IN TOWN

Café Gray, a new all-day dining concept in Dubai, is the latest addition from Campbell Gray Hotels, known for its signature British hotels, restaurants and clubs. Drawing inspiration from the London Underground, the café offers a welcoming ambience with a fusion of British and international culinary delights. Diners can indulge in an exquisitely curated breakfast, lunch, afternoon tea, and dinner menu featuring Traditional English breakfast, Shepherd's pie, Sticky toffee pudding, Café Gray's signature Fish and chips, Traditional Georgian khachapuri, and Lobster pasta. An extensive selection of beverages including coffees, smoothies, mocktails, and mojitos are also available to order.

Visit campbellgrayhospitality.com/cafe-gray.

STAY TUNED!



Renowned celebrity chef Ritu Dalmia is set to launch her debut restaurant Atrangi in Dubai. With a noteworthy history of introducing Italian cuisine to India and Indian cuisine to Italy and Central Europe, Dalmia brings her comprehensive culinary knowledge and experience to Atrangi from her previous ventures, Cittamani in Italy and Diva in India. The brand-new dining venue strives to showcase India's diverse and rich culinary heritage while catering to all palates. Sited at Jumeirah Al Qasr, the restaurant's menu brings a modern approach to traditional Indian cuisine and is inspired by lesser-known regional dishes and home-cooked meals prepared by mothers, grandmothers, and great-grandmothers from across the country.

RESTAURANT MONTH RETURNS



JW Marriott Marquis Hotel Dubai is bringing back its renowned Restaurant Month, featuring a range of irresistible dining deals and multi-cuisine delicacies at its nine award-winning restaurants. Diners can explore specially curated menus across Rang Mahal, Tong Thai, Prime68, Izakaya, Positano, La Farine, and Kitchen6, to savour an array of spectacular culinary deals priced under AED200.

May 1-May 31. Available during weekdays for lunch and dinner only (excluding Friday and Saturday). Kitchen 6 dining deal is available on weekdays for lunch and dinner only (excluding Friday dinner, Saturday and Sunday lunch only). AED199 at Prime68, Tong Thai, Izakaya and Rang Mahal. AED99 at La Farine, Positano, Bridgewater Tavern, Kitchen6 and Lush Burger. Contact +9714 414 0000.



SAVE THE DATE

The Salon du Chocolat et de la pâtisserie, the world's largest chocolate fair, will take place in Dubai at Le Gourmet in Galeries Lafayette, Dubai Mall. Since its establishment in Paris in 1994, the fair has gained recognition among chocolate aficionados worldwide with events in major cities such as New York, London, and Tokyo. The event will offer workshops, masterclasses, exhibitions, and meet and greets with renowned pastry chefs, showcasing the expertise of chocolate and pastry professionals from around the globe.

May 18-May 20. Visit salonduchocolatdubai.com.



DINNER BY HESTON BLUMENTHAL

Expect the unexpected at the upscale experiential dining concept that is sure to impress discerning diners

Embark on a remarkable gastronomic journey at Dinner by Heston Blumenthal, a first-of-its-kind fine dining concept in Dubai. Brace yourself for a reimagined gastronomic menu created by the acclaimed Michelin-starred chef brimming with dishes dating back to the 14th century and inspired by Tudor dining experiences, Alice's Adventures in Wonderland, and even savoury ice creams from the late 1800s.



Dinner showcases an unrivalled fine dining affair, complemented by an expansive terrace and floor-to-ceiling windows that offer a magnificent panorama of the sky-blaze fire and water fountain show, all while tucking into Chef Blumenthal's curated menu crafted through meticulous research into 14th-century cookbooks, resources from the British Library and King Henry VIII's Hampton Court Palace, and collaborations with renowned food historians.

Upon arrival, prepare to be awestruck by two magnificent inventions: the Pineapple rotisserie and 'The Dinner Escapement' clock. The Pineapple rotisserie not only brings the fruit's luxurious history in the late 1800s to life but also adds a storytelling element to one of the restaurant's signature dishes, the Tipsy cake. As you watch the pineapple slowly turn on the rotisserie, powered by a complex mechanism inspired by the watchmakers of Greenwich and the royal kitchen of Tudor England, you'll be transported back in time to a world of luxury and indulgence coupled with culinary innovation. On the other hand, the remarkable clock incorporates a unique sense of "escapement" and utilizes a 16th-century pulley system that was once employed by the British Royal Court to power a clockwork spit roast in the kitchen.

Nestled within the ultra-luxurious resort Atlantis The Royal, step into a world of wonder and be captivated by an extraordinary culinary voyage at Dinner by Heston Blumenthal.

Signature dishes

Dinner's menu draws inspiration from the diverse tastes and flavours of Britain, spanning from the farmers' table to the royal courts of England. Guests can enjoy signature dishes such as Meat fruit (c.1500), Powdered duck (c.1846), Salamugundy (c.1723), Tipsy cake (c.1858), and Liquid nitrogen ice cream trolley (c.1901), each dish telling a story of its own.

Meat Fruit (c.1500)

Indulge in the tantalizing Meat Fruit, a contemporary take on the medieval masterpiece Pome Dorres, also known as "apples of gold." Imagine a rich and velvety chicken pate, artfully crafted to resemble a mandarin fruit in every aspect. Achieving the dish's exceptional quality requires the expertise of three highly skilled chefs who dedicate five hours every day to perfecting each element of the multi-day recipe at the cold larder.

Salamagundy (c.1723)

Inspired by the elaborate salads of the 17th century, the dish pays homage to the legendary dish, Salamagundy, which has graced cookbooks since the early 1600s under various forms, including salmagundi, salamongundy, sallad-magundy, and Solomon Gundy. Picture a succulent smoked confit chicken, tender beef bone marrow, tangy pickled walnuts, and braised salsify, all meticulously layered with crisp and refreshing bitter leaves and topped with freshly grated horseradish.

Powdered Duck Breast (c.1846)

The preparation of this highly intricate duck recipe is a prime example of the exceptional effort and attention to detail that goes into crafting each dish on the menu at Dinner by Heston Blumenthal. Drawing inspiration from the historic recipe "Garnish of braised cabbages" by Charles Francatelli, this dish is a modern twist on a classic featuring sous vide duck breasts precisely cooked to perfection and served alongside delectable duck hearts, pickled cherries, rainbow chard, braised red cabbage, and finished with a red cabbage fluid gel.

Tipsy Cake (c.1858)

Inspired by the English court's introduction of pineapples in 1700, Heston created a delicate brioche cake doused in grape and served with slices of roasted pineapple, slow-cooked to perfection for six hours on a spit.

Liquid Nitrogen Ice Cream Trolley (c.1901)

The signature dessert is inspired by the groundbreaking work of Agnes B Marshall, renowned as the "Queen of Ices". Her book, The Book of Ices (1885), featured illustrations of an ingenious ice cream machine that could churn out frozen treats in less than five minutes, as well as the earliest known mention of using liquid gas to expedite the process. With the use of a table-side trolley, this extraordinary dessert is prepared and served, offering a unique combination of innovation and culinary mastery.


Meat Fruit (c.1500)


Salamagundy (c.1723)


Powdered Duck Breast (c.1846)


Tipsy Cake (c.1858)

Flavours of the *month*

What's hot and happening around town this month

LA SIRÈNE

La Sirène is a new urban lifestyle eatery serving authentic Lebanese cuisine with a modern twist, inspired by the urban seaside of Beirut. The menu offers a variety of mezzes, breads and wraps, salads, fresh fish and seafood, meats with signature dishes featuring Lebanese seabass sayadiyah, Tiger prawns, Avocado salad, and Crisp red snapper. The restaurant's music and entertainment will transport guests to various eras of Beirut and offer an authentic home-away-from-home atmosphere.

Contact +9714 604 2220.



CITY SOCIAL

The fine dining venue has introduced its inaugural Saturday brunch, The Social Brunch featuring contemporary European cuisine with a Japanese influence accompanied by free-flowing drinks, live entertainment, and stunning views of the Dubai skyline. Guests can enjoy a three-course sharing-style menu with a variety of dishes, including Garlic sourdough baguette, Fried spiced chicken with Dallas sauce, Aged beef tartare, Koji Scottish salmon, Black Angus beef rib eye, and Aged parmesan risotto with braised trompettes. For desserts, expect White chocolate and coconut pannacotta, Cheesecake choux buns, and Apple doughnuts. Conclude your meal with a complimentary beverage to City Social's speakeasy bar, 7 Tales.

12:30pm-4pm. AED550 per person including house beverages. AED750 per person including bubbly. Contact +9714 402 2222.

Photographs SUPPLIED

La Sirène



MIYA

Nestled within Bluewaters Island, transport to Mykonos at MIYA with contemporary Greek dishes in a traditional Mediterranean-style setting. The concept embodies the soul of a Greek figure Miya, who was known for blending, baking, and marinating to create delectable culinary wonders for her loved ones. The menu boasts features traditional Greek and Mediterranean favourites with a contemporary twist including signature dishes such as Beef tartar with black truffle, Feta saganaki with tomato marmalade, Baked pepper with tuna tartare and tonnato sauce, and Roasted octopus with hummus and salsa verde.

Contact +9714 564 0008.



LOVE VIBE

Dubai's renowned café has opened its highly-anticipated outlet in the capital, welcoming diners to explore its elevated menu and stunning interiors. The restaurant boasts a sleek and elegant design, infused with playful elements including pastel-coloured hues, striking pink palm tree chandeliers, a stunning terrace, and the iconic 'Don't Kill My Vibe' pink neon sign on the wall. Love Vibe's creative menu highlights local ingredients and authentic fresh produce featuring traditional Emirati and modern European dishes including I Love You Shawarm'ch!, Balaleet Eggs, Baby Don't Herd Me, Braise Yourself, and Grilled Chicken Tikka. The espresso and mocktail bar will further offer innovative beverages such as Kermit Business, I'm in Love with the Coco, Raspberry Hibiscus Iced Tea, Superfood Lattes, V60, and Arabic Coffee.

Visit lovevibecafe.com.



REEF & BEEF

Explore a gastronomic voyage with Reef & Beef, the newest culinary destination in the bustling Downtown Dubai, offering an extensive assortment of seafood and succulent cuts. Diners can opt for intimate indoor seating or al fresco seating, delighting in the breathtaking vistas of the city, as they embark on a flavourful expedition that is sure to tantalize their tastebuds. Revel in the restaurant's signature Nebraska beef, Dover sole, the Patagonian black cod, and plenty more.

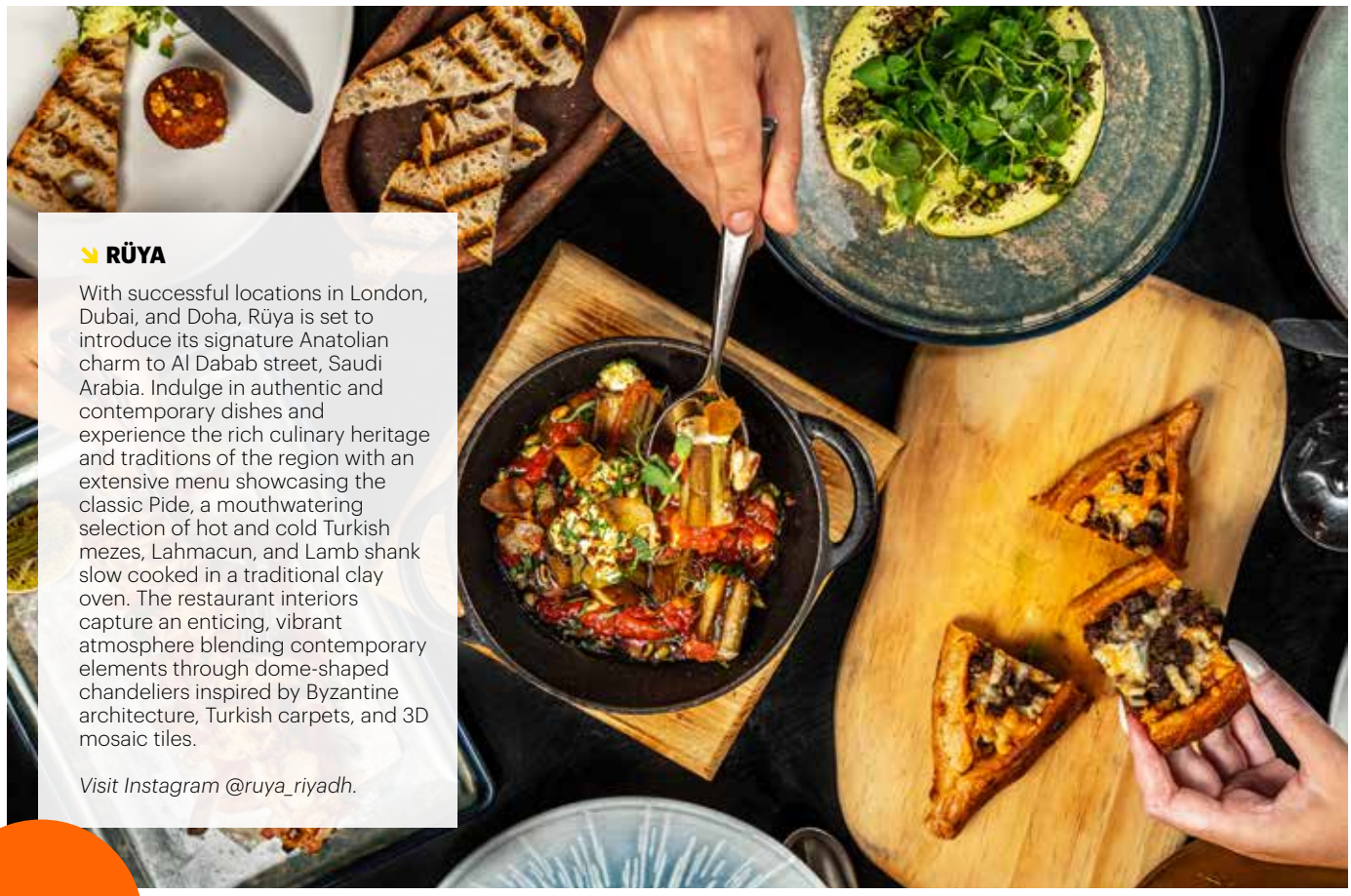
Email reservations@reefandbeef.ae.



NIRI RESTAURANT & BAR

The award-winning restaurant has unveiled its first tasting menu, offering flavourful Japanese dishes including Suzuki agedashi (golden crisp seabass with tentsuyu sauce and chili daikon), Tsukune (minced meat with truffle oil and fresh egg yolk), Ika (squid with sweet yuzu kosho marinade), Kinako pistachio cheesecake, and Chocolate soufflé.

Monday-Sunday from 12pm-10:30pm. AED300 per person for five courses and AED375 for seven courses. Visit nirirestaurant.com.

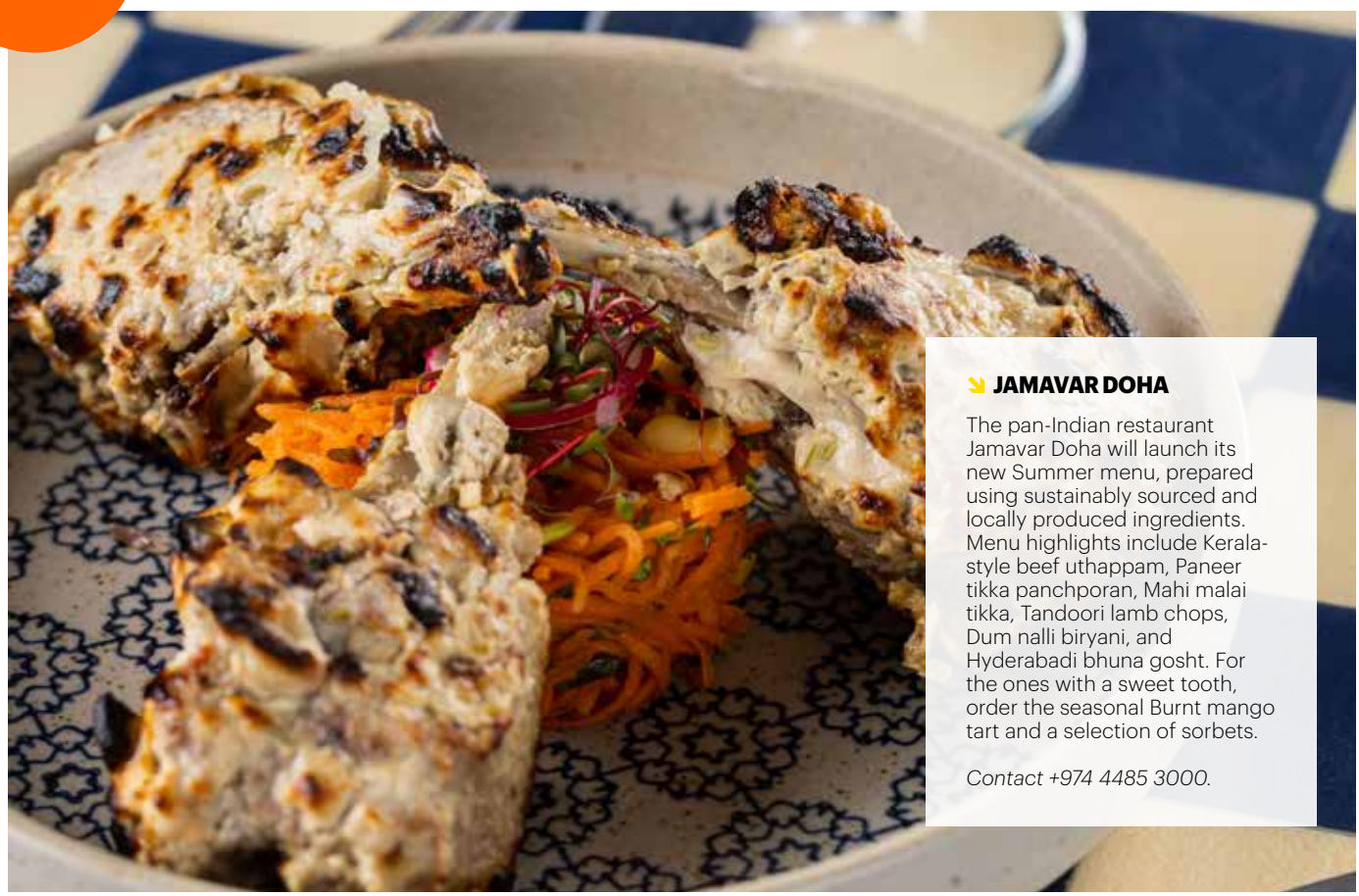


RÜYA

With successful locations in London, Dubai, and Doha, Rüya is set to introduce its signature Anatolian charm to Al Dabab street, Saudi Arabia. Indulge in authentic and contemporary dishes and experience the rich culinary heritage and traditions of the region with an extensive menu showcasing the classic Pide, a mouthwatering selection of hot and cold Turkish mezes, Lahmacun, and Lamb shank slow cooked in a traditional clay oven. The restaurant interiors capture an enticing, vibrant atmosphere blending contemporary elements through dome-shaped chandeliers inspired by Byzantine architecture, Turkish carpets, and 3D mosaic tiles.

Visit Instagram @ruya_riyadh.

GCC



JAMAVAR DOHA

The pan-Indian restaurant Jamavar Doha will launch its new Summer menu, prepared using sustainably sourced and locally produced ingredients. Menu highlights include Kerala-style beef uthappam, Paneer tikka panchporan, Mahi malai tikka, Tandoori lamb chops, Dum nalli biryani, and Hyderabadi bhuna gosht. For the ones with a sweet tooth, order the seasonal Burnt mango tart and a selection of sorbets.

Contact +974 4485 3000.





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Tried & tasted

Our top dining experiences this month





CHUAN

Sited at The Pointe, Chuan boasts unrivalled views of the Palm Fountain and the Atlantis. The inspiration behind the authentic Chinese restaurant is rooted in the time-honoured principles of Feng Shui and the Chinese rivers - the Yangtze, Yellow, and Songhua - which symbolise the country's cultural heritage. Diners can relish in the epitome of Asian hospitality at the venue, which has been frequented by a noteworthy clientele including members of the royal family.

During a brief tour, one can observe the contemporary-meets-traditional interiors that include the ancient Foo lions at the entrance, alfresco dining terrace, an alluring and opulent glass grape cellar, and a sprawling two-story dining area equipped with private dining rooms and a lavish lounge area. The walls of the entryway display are intricately etched with Chinese family names, while captivating Chinese artwork embellish the dining venue.





The highlights

The restaurant presents an extensive menu brimming with over 180 dishes, prepared by a team of around 80 specialized chefs, leaving no stone unturned in catering to a wide range of palates. Admittedly, it took us a short while to decide on our order with the multitude of delectable options on the menu. To begin with, we were served complimentary crispy prawn crackers with green chilli in soya sauce while we awaited our sharing-style appetizers.

The Szechuan "KonShui" shredded chicken, doused in Sichuan oil with thinly-cut cucumber slices, provided delightful notes of spicy and sweet. From the dedicated dim sum menu, we savoured the Beef pancakes featuring a crispy pastry filled with exquisitely cooked beef and onion. The combination of flavours blended seamlessly, resulting in a melt-in-your-mouth emulsion that is a must-try for anyone visiting the venue. As we enjoyed our dinner al fresco, my dining partner and I ordered a Pink passion and a Passion fruit mojito, all while admiring the mesmerising displays of the Palm Fountain.

The renowned Peking roast duck was next, a signature Beijing dish prepared using skillful techniques passed down through generations. The delicacy is marinated for a period of 48 hours and cooked to perfection in a woodfire oven, which is why the dish requires to be pre-ordered. The aromatic duck is served to the table by one of Chuan's chefs, starting with the crispy and tender skin of the roasted bird, served alongside a sugar dip. Enjoy the succulent meat wrapped in delicate pancakes, complemented by the rich sweetness of soybean paste, the refreshing crunch of scallions and cucumber strips, and a touch of heat from the spicy sauce. After a hearty main, we opted for a crispy and soft Spicy chicken with red chillis accompanied by the Angus beef in hot stone pot featuring a savoury sauce infused with garlic, ginger, and chilli.

Desserts called for a refreshing Classic mango pomelo sago - an indulgent summer dessert to sweeten our palate and conclude our dinner.

Book now

Contact +9714 564 3888 or visit chuanseafood.com.







DINNER BY HESTON BLUMENTHAL

Witness a remarkable fusion of Britain's history and culinary mastery with the highly-anticipated arrival of London-born, Dinner by Heston Blumenthal, at Atlantis The Royal. The experience whisks you away the minute you step in, feeling a sense of escapement with dishes dating back to the 14th century and intricate interiors including the Pineapple rotisserie and 'The Dinner Escapement' clock - inspired by the watchmakers of Greenwich and the royal kitchen of Tudor England.

The restaurant boasts an expansive terrace and floor-to-ceiling windows that offer guests a stunning view of the fire and water fountain show. The fine dining venue exudes luxury throughout, from dark lacquered wall panelling and rustic furniture to jelly-shaped light fittings. What impressed us upon arrival was the concealed automatic sliding entrance door, leading way to the dim-lit restaurant, where we were guided towards our table.

The highlights

Inspired by Tudor dining experiences, Alice's Adventures in Wonderland, and ice creams from the late 1800s, the curated menu spotlights dishes from various eras and takes diners on a journey through time with every dish served. Our evening began with Meat Fruit (c.1500), designed after a traditional medieval dish called Pome Dorres or "apples of gold", featuring a smooth chicken liver parfait artfully disguised as a mandarin offering a hint of citrus and paired with grilled sourdough bread.

The moreish Rice & flesh (c.1390) soon arrived, consisting of saffron rice with a tender braised beef cheek and butter, perfectly balanced with a hint of acidity that compliments the richness of the butter and parmesan cheese. One of the most fascinating aspects of the dish is the story it tells about the fusion of two regions - the saffron specially sourced from Persia and the rice locally produced in England to create a dish fit for royalty during the 14th century.





We ordered the Powdered duck breast (c.1846) for our mains, which was inspired by a recipe for "Garnish of braised cabbages" in the 1846 edition of The Modern Cook by Charles Francatelli. The dish comprises sous vide duck breasts, paired with duck hearts, pickled cherries, braised red cabbage, and a smooth and velvety red cabbage fluid gel. The team behind the preparation uses an old British technique of brining meat, which was once referred to as "powdered," to enhance the flavours and preserve the meat, resulting in a savoury and succulent duck breast.

Even though my dining partner and I were quite full, we couldn't resist ordering the two iconic desserts on the menu. The Tipsy cake (c.1858), showcasing the brioche cake's feather-light texture contrasted beautifully with the rich basting of grapes alongside succulent slices of pineapple carefully spit-roasted for up to six hours. The Sambocade (c.1390) is a distinctive take on the classic featuring a no-bake cheesecake made from goat milk mousse with a filling of goat cheese, elderflower and apple jam accompanied by a side of smoked, candied walnuts, pickled blackberries, and blackberry gel. Without a doubt, the dinner is one of our most cherished and unforgettable experiences in the city!

Book now

Contact +9714 426 2444 or visit dinnerbyhbdubai.com.

COOKBOOK CHALLENGE

Kung Pao & Beyond by Susan Jung

Editor Keith Kendrick indulges his love of fried chicken with this celebration of the whole bird

"Is there any omnivore out there who doesn't like fried chicken?" is one of the greatest opening sentences to a cookbook I've ever read. It's posed by Susan Jung – former food & drink editor for the *South China Morning Post* – at the start of her wonderful homage to every cut of the bird. I thought I'd tried every possible variation of fried chicken, from Korean to Japanese karaage. Good Food columnist Melissa Thompson has even filmed a series about it – The Stories Behind Fried Chicken. But, *Kung Pao & Beyond* takes it above and, well, beyond.

Susan's challenge was to deliver dozens of original fried chicken recipes without being repetitious, so she drew inspiration from friends living in East and South-east Asia, discovering myriad ways to flavour, joint, brine and marinate. The majority of Susan's dishes are easy, but you might need to seek out ingredients at specialist shops. For instance, don't hesitate to try the Japanese chicken nuggets (right) made with furikake, available in larger supermarkets. But, I wanted a challenge – and there was no bigger challenge than the nor mai gai (sticky rice chicken). Susan writes, "This is by far the most difficult recipe in the book. It's not for the squeamish." And she isn't kidding.

The recipe is six pages long, and involves boning a whole chicken and stuffing it. The day before cooking, I set to work digging and scraping, desperately trying not to tear the skin. After an hour, I wished I'd taken the bloomin' bird to a butcher. But, I got there in the end, creating what looked like a chicken-shaped onesie. Even trickier work was to come: cooking rice, stuffing the bird, skewering, steaming, drying it in the fridge for eight hours, frying, then frying again. The occasion needs to be very special for this amount of effort. It was beyond a labour of love – something I had to explain to my hungry family. Their verdict? "Delicious. Can we have it again next week?" Er, no.

> **There was no bigger challenge than the nor mai gai**

TRY IT YOURSELF

Japanese chicken nuggets

SERVES 4-6 **PREP** 10 mins plus 2 hrs 30 mins marinating
COOK 10 mins **EASY**

800g boneless chicken breasts
4 garlic cloves, grated
1 lemon, zested and juiced
½ tsp white pepper
100g potato flour (or combine 50g rice flour and 50g cornflour)
2 eggs
150g panko breadcrumbs
25g furikake
1 tbsp gochugaru (Korean chilli flakes)
4 tsp black and white sesame seeds
750ml vegetable oil
sticky rice and your favourite condiments and veg, to serve

1 First, butterfly the chicken breasts, then cut into 4cm chunks and put in a large bowl. Add about 12g salt, mix well and chill for 30 mins.
2 Stir in the garlic, along with the lemon zest and juice and the white pepper. Set aside to marinate for no longer than 2 hrs at room temperature.
3 Tip the potato flour into a shallow dish. Whisk the eggs and put in another shallow dish. In a third, mix the panko with the furikake, gochugaru and sesame. Dredge the chicken in the flour, then dip in the egg. Dredge in the panko, pressing firmly so the breadcrumbs stick. Lay the pieces on a rack over a tray.
4 Pour the oil into a wok or frying pan, ensuring it is no more than two-thirds full, and bring to 160C over a medium heat. If you don't have a thermometer, test the oil is ready by dropping in a little panko – it should brown within 1 min. Fry the chicken in four batches for about 2 mins until golden, then drain on a clean rack. Serve with sticky rice, condiments and veg, if you like.



PER SERVING (6) 433 kcals • fat 15g • saturates 1g • carbs 32g • sugars 2g • fibre 3g • protein 40g • salt 2.7g





Recipe adapted from *Kung Pao & Beyond* by Susan Jung and not retested by us. Photograph © Yuki Sugiara.

Books for cooks

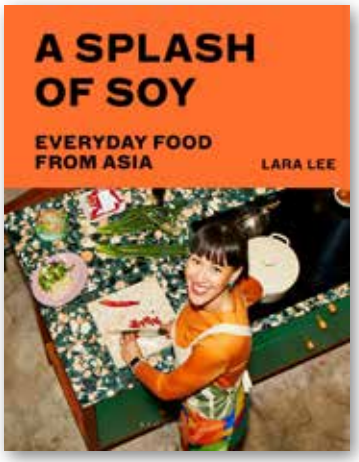
Helena Busiakiewicz from our cookery team selects her favourite new books to inspire you this month

A Splash of Soy

by Lara Lee

You'll likely be inspired to get up immediately in search of ingredients to make dinner after reading this. Written with convenience in mind, Lara's recipes are simple and packed with punchy flavours, utilising clever shortcuts like curry pastes. This is a book that will be part of your everyday arsenal, and makes for a colourful coffee-table read.

Star recipe Lemongrass pork burgers with fried egg & sriracha

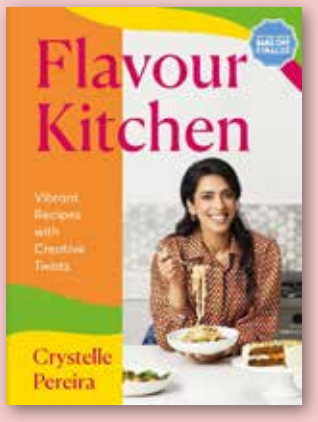


Flavour Kitchen

by Crystelle Pereira

Bake Off finalist Crystelle Pereira has produced a wonderfully fun book full of sweet and savoury ideas, taking inspiration from her Goan-Portugese heritage. She cleverly reinvents classics with creative twists, such as her hoisin duck sausage rolls.

Star recipe Salt & pepper halloumi





Plentiful

by Denai Moore

This is a vibrant celebration of plant-based Jamaican recipes from musician and chef Denai Moore. It reads like an old friend recounting their favourite recipes, and you can feel Denai's passion on every page. The section on romanticising cooking for one is particularly clever.

Star recipe Brown stew mushrooms with silken tofu

simply kitchen



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easy

Delicious, simple, and easy-to-make recipes

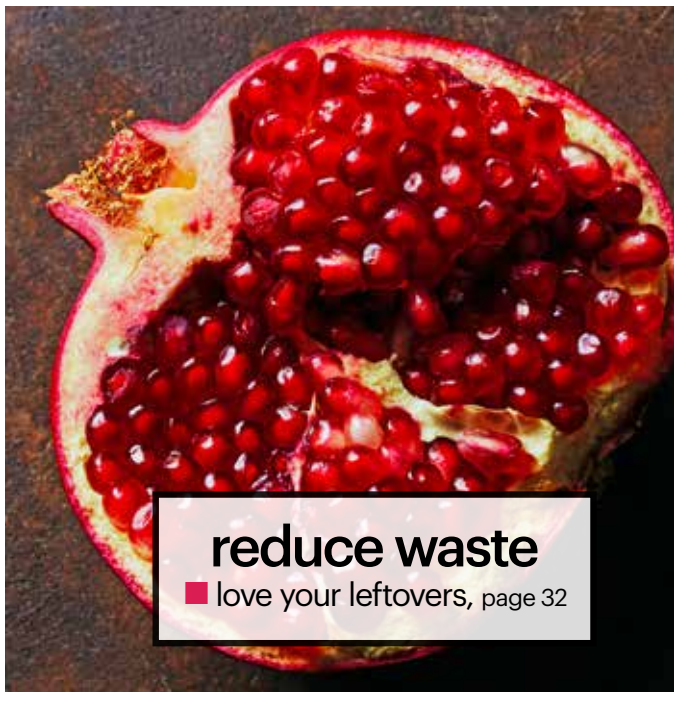


■ make the most of your gadgets, page 29



midweek meals

■ free-from & fabulous, page 20



reduce waste

■ love your leftovers, page 32

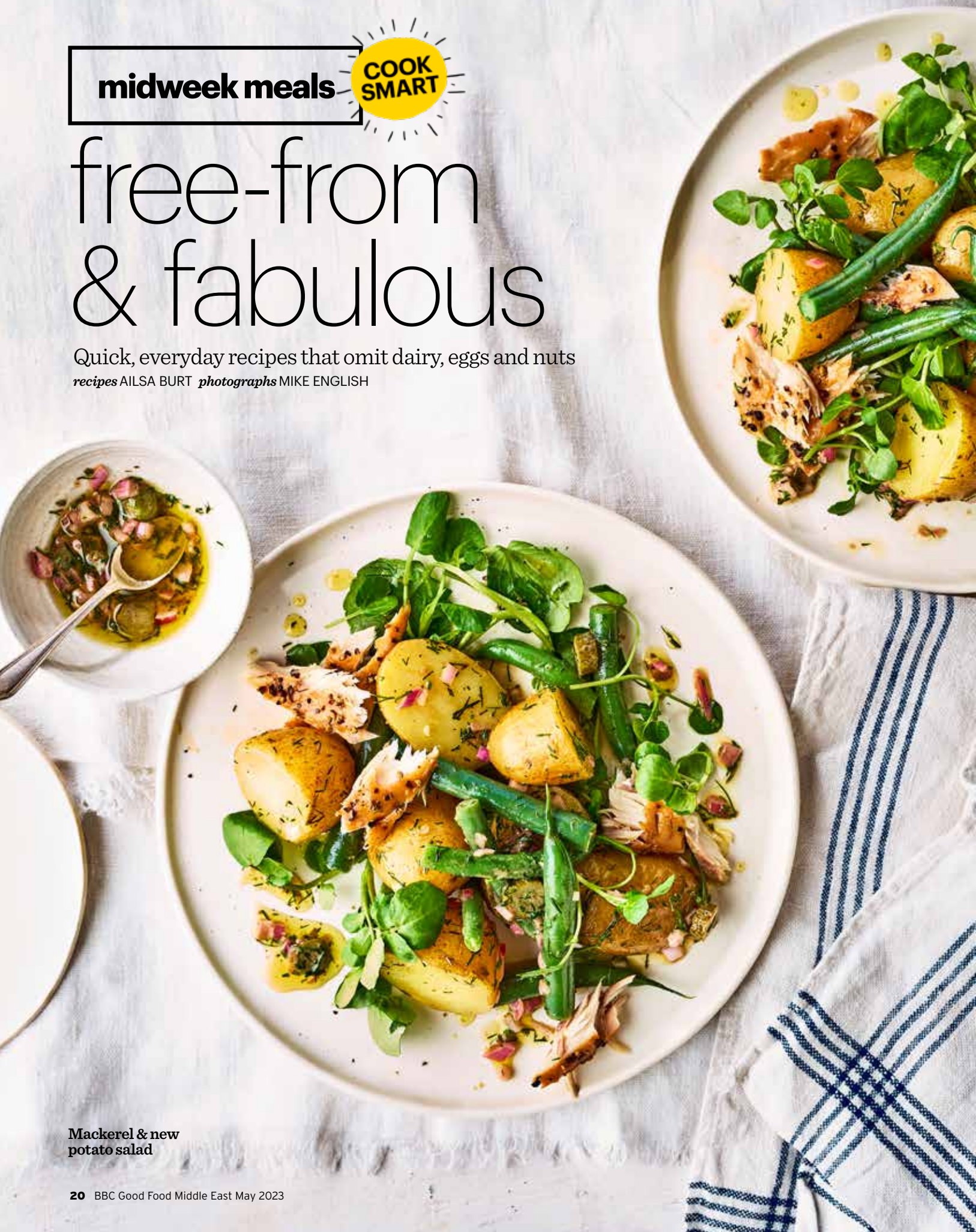
midweek meals

COOK SMART

free-from & fabulous

Quick, everyday recipes that omit dairy, eggs and nuts

recipes AILSA BURT *photographs* MIKE ENGLISH



Mackerel & new potato salad



Olive, caulilflower & harissa pasta

BALANCED

Mackerel & new potato salad

Smoked mackerel is thrifty and full of flavour, as well as being rich in omega-3 fatty acids.

SERVES 2 **PREP** 15 mins
COOK 15 mins **EASY**

200g new potatoes
125g green beans, halved
1 shallot, finely chopped
1 tbsp red wine vinegar
2 tbsp olive oil
2 tsp Dijon mustard
small handful of dill, finely chopped
3 cornichons, sliced
100g watercress
100g peppered hot smoked mackerel, flaked

1 Cook the potatoes in a pan of boiling salted water for 12-15 mins, or until tender enough to be easily pierced with a sharp knife. Add the green beans for the final 3 mins of cooking time, then drain well and leave to steam-dry for 5 mins. Mix the shallot with the vinegar, oil, mustard, dill and cornichons, season well and set aside.
2 When the potatoes have cooled slightly, halve them and gently toss with the green beans, dressing, watercress and mackerel. Divide between two plates and drizzle over any remaining dressing to serve.

GOOD TO KNOW folate • fibre • vit c • omega-3 • 2 of 5-a-day • gluten free
PER SERVING 369 kcals • fat 25g • saturates 4g • carbs 18g • sugars 4g • fibre 6g • protein 16g • salt 1.8g

HEALTHY

Olive, cauliflower & harissa pasta

The amount of harissa in this dish can be reduced, depending on how spicy you like it.

SERVES 2 **PREP** 15 mins
COOK 25 mins **EASY** **V**

1 tbsp olive oil
1 small cauliflower, broken into small florets, stalks and leaves finely chopped
1 tbsp tomato purée
200g cherry tomatoes, halved
2 garlic cloves, crushed
25g pitted green olives, halved
2 tbsp rose harissa
150g dairy-free wholemeal pasta of your choice (such as pappardelle; gluten-free if needed)
small handful of parsley, finely chopped

1 Heat the oil in a large frying pan over a medium-high heat and tip in the cauliflower florets, stalks and leaves. Season, cover and fry for 8-10 mins, shaking the pan now and then, until lightly browned and softened. Stir the tomato purée and tomatoes, cover and cook for 5 mins more until the tomatoes have burst. Add the garlic, olives and harissa, and cook for 2-3 mins until fragrant.
2 Meanwhile, cook the pasta following pack instructions. Drain, reserving a mugful of the water. Stir the pasta and a splash of the water into the tomato mixture. Season, scatter over the parsley and serve.

GOOD TO KNOW vegan • healthy • low cal • fibre • vit c • 3 of 5-a-day
PER SERVING 466 kcals • fat 15g • saturates 2g • carbs 63g • sugars 9g • fibre 12g • protein 14g • salt 1.1g

HEALTHY

Sumac turkey-stuffed pittas

Pair these subtly spiced meatballs with a sweet-and-sour slaw for a vibrant dinner.

SERVES 2 **PREP** 15 mins
COOK 10 mins **EASY**
❄ raw meatballs only

300g turkey mince
1 tsp sumac
1 tsp ground cumin
1 garlic clove, crushed
1 lemon, zested and juiced
1 tbsp olive oil
¼ white cabbage, finely sliced
small bunch of mint, leaves picked and chopped
½ red onion, finely sliced
½ cucumber, deseeded and chopped
3 tbsp pomegranate seeds
2 large pittas, toasted (gluten-free, if needed)
dairy-free natural yogurt, to serve

1 Tip the mince, sumac, cumin, garlic and lemon zest into a bowl, season and combine using your hands. Form into 10 small balls, about 30g each. Heat the oil in a pan over a medium heat and fry the balls for 8-10 mins, shaking the pan now and then until browned and cooked.
2 Combine the cabbage, mint, onion, cucumber and pomegranate seeds with the lemon juice. Season. Stuff the slaw and meatballs into the pittas and serve with the yogurt.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • iron • 3 of 5-a-day • gluten free
PER SERVING 505 kcals • fat 16g • saturates 3g • carbs 43g • sugars 13g • fibre 8g • protein 44g • salt 0.8g



HEALTHY

Grilled steak with peperonata

This colourful, no-fuss peperonata goes well with grilled meats. If you don't fancy steak, try lamb chops instead.

SERVES 2 **PREP** 15 mins
COOK 25 mins **EASY**

250g rump steak
2 tsp sunflower oil
3 red, yellow or orange peppers, deseeded and sliced
½ red onion, thinly sliced
3 garlic cloves, thinly sliced
200g tomatoes, roughly chopped
2 tsp red wine vinegar
small handful of basil, leaves picked and stems finely chopped

1 Season the steak well and set aside on a plate. Heat the oil in a pan over a high heat and, once hot, fry the steak for 2-3 mins on each side (depending on the thickness) until medium rare or cooked to your liking. Remove to a plate and leave to rest for 5 mins.

2 Reduce the heat to medium-high and fry the peppers and onion for 5-7 mins until softened and slightly caramelised. Add the garlic and cook for 1 min more until fragrant. Tip in the tomatoes, vinegar, a pinch of sugar and the basil stems, and fry for another 8-10 mins until the tomatoes have broken down and released their juices. Stir in most of the basil leaves and season to taste, adding another pinch of sugar if needed. Slice the steak, then serve over the peperonata, with the remaining basil scattered on top.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • iron • 4 of 5-a-day • gluten free
PER SERVING 320 kcals • fat 14g • saturates 5g • carbs 17g • sugars 15g • fibre 7g • protein 29g • salt 0.2g





HEALTHY

Sweet chilli salmon lettuce wraps

This simple dish comes together in minutes, and it's healthy, too.

SERVES 2 **PREP** 15 mins
COOK 15 mins **EASY**

- 2 tbsp reduced-sugar sweet chilli sauce (see tip, below)
- 1 lime, juiced
- 2 tsp reduced-salt soy sauce or wheat-free tamari
- 2 salmon fillets
- 1 carrot, finely sliced
- ½ daikon radish, halved and finely sliced
- 100g radishes, finely sliced
- small handful of coriander, finely chopped
- 1 Little Gem lettuce, leaves separated

1 Heat the oven to 180C/160C fan/gas 4. Combine the sweet chilli sauce with half the lime juice and half the soy sauce or tamari. Pat the salmon fillets dry using kitchen paper, sit on a baking tray and spoon over the chilli sauce mixture. Bake for 10 mins, then heat the grill to high and slide the salmon under the hot grill for the final 2-5 mins until cooked through and caramelised. Gently flake the salmon flesh by pressing down on it using the back of a fork.

2 Toss the carrot, daikon, radishes and coriander together with the remaining soy sauce and lime juice. Season. Fill the lettuce leaves with the salad and flaked salmon to serve.

GOOD TO KNOW healthy • low cal • folate • vit c • omega-3 • 3 of 5-a-day • gluten free
PER SERVING 403 kcals • fat 21g • saturates 4g • carbs 13g • sugars 12g • fibre 4g • protein 38g • salt 1.2g

gf tip

Check the labels for sweet chilli sauce, as some brands may contain traces of nuts and sesame.

Shoot director RACHEL BAYLY | Food stylist ESTHER CLARK | Stylist MAX ROBINSON

SHOP WELSH FOOD AND DRINK

Welsh produce is now available across Choithrams UAE and Lulu Qatar



Wales, a land of rugged coastlines shaped by deep blue sea, flowing rivers, proud mountains, thick green grass and engrained with heritage and culture is home to a rich and diverse food and drink industry. With a long and proud tradition of producing outstanding food and drink and a growing innovation landscape bustling with unique products, diverse flavours and exciting new developments, Welsh food and drink is now available in the region's leading outlets Choithrams and Lulu.

Welsh food and drink is deeply connected to its communities and shaped by the landscape, culture, and language of Wales. The quality of produce reflects the warmth of the Welsh people, whether it's artisan or mass-market. The abundance of natural resources and landscapes, coupled with a focus on innovation and new technologies in food production, allows for the re-imagination of traditional Welsh cuisine by a new generation while still preserving the provenance and heritage of the past.

The investment in innovation and new technologies, supported by an excellent structure for the food and drink industry in Wales, has not only led to growth for traditional heritage brands and products but has also attracted international players who are inspired by the landscape, climate, and heritage of Wales.

These are the Welsh products available at selected outlets in Choithrams UAE and Lulu Qatar:

Calon Wen
calonwen-cymru.com
Calon Wen is a small co-operative of organic family farms across Wales, providing sustainable-produced organic milk, cheese and butter. The local farmers ensure the wellbeing of cows and graze on the fresh, clover rich pastures which remain untreated by sprays or chemicals. The leading brand supplies to Tesco, Morrisons, Waitrose, and plenty other independent retailers across Wales.

Cradoc's Savoury Biscuits
cradocssavourybiscuits.co.uk
Cradoc's Savoury Biscuits, founded in 2008 by Allie Thomas and daughter Ella, bakes crackers in the foothills of the Bannau Brycheiniog. Dedicated to helping the environment, the company uses and supports local businesses, suppliers and wholesalers. Produced in a purpose-built bakery in Brecon, and with SALSA accreditation, the crackers are baked to the highest standards. With many varieties to choose from, the crackers are egg-free, nut-free, sesame-free and palm oil free.

Daioni
daioni.co.uk
Daioni Organic is a family-owned producer of premium organic products, founded by award-winning organic dairy farmer Laurence Harris. Dedicated to the highest standards of sustainable organic farming practices and the production of quality products, the farm follows stringent farming requirements. The products are free from chemical pesticides, herbicides, fertilisers, GMOs, artificial flavour colourings, and more.

Halen Môn – Anglesey Sea Salt
halenmon.com
Alison and David Lea-Wilson founded Halen Môn Welsh sea salt on the island of Anglesey, after discovering the special quality of the island's seawater. They began in 1997 by distilling the seawater into pure white crystals on their old aga. Since then, Halen Môn has won numerous awards and gained Protected Designation of Origin status. Its products are sold in over 100 of the UK's best delicatessens including Marks and Spencer, Waitrose, and Harvey Nichols. Halen Môn sea salt is enjoyed by chefs, food enthusiasts, and even Barack Obama.

Hilltop
lovehilltop.com
Specialising in producing raw and organic honey, the company was founded by beekeeper Scott Davies in 2011, who started the business from his kitchen table with a single hive of bees. Hilltop Honey sources its honey from its own beehives and from small-scale beekeepers across the world. The company offers a wide range of honey products, including raw honey, organic honey, infused honey, and honeycomb. In addition, it's committed to sustainable and ethical beekeeping practices, and supports small-scale beekeepers and local communities.

Pilgrim's UK – Welsh Lamb
pilgrimsuk.com
As the second largest food company in the world, Pilgrim's UK partner with more than 1,000 UK farmers who meet the highest standards on animal welfare, efficiency, and quality. In particular, the PGI Welsh Lamb producers, recognised for the quality of their product, have been using traditional methods for years, working with what nature has given them – grass, rainwater and a whole lot of pride. The wild weather and rugged terrain do not lend themselves to producing many types of produce, but Wales' green hills and abundant rainfall create the perfect environment for producing delicious, nutritious, and natural lamb.

Rachel's Organic
rachelsorganic.co.uk
Since 1952, Rachel Rowlands' family has pioneered natural and organic farming methods on their farm in West Wales, which became the first organic dairy farm in the UK in 1973. Rachel, with her husband Gareth, took over the dairy farm in 1966 and followed the same traditional farming methods that her mother and grandmother had taught her – farming the natural way.



Today, Rachel's Organic is based in a purpose-built dairy on the outskirts of Aberystwyth where it strives to deliver the very best taste experience in yogurts and desserts using organic milk and the best ingredients that nature has to offer. Available worldwide, the Rachel's Organic range includes organic yogurts and desserts, using rich milk and selected fruits.







Radnor Preserves
radnorpreserves.com
Renowned as one of the best artisan marmalade makers in the world, the award-winning company was founded by Joanna Morgan in 2010. Using only the finest natural ingredients of the highest quality, the gluten-free products provide sublime flavours for the most discerning palate with no artificial preservatives or additives used. The company offers a wide range of flavours, including classics like strawberry jam and marmalade, as well as creative options such as raspberry and vanilla jam and beetroot and horseradish chutney.

Rhug Estate Organic Farm
rhug.co.uk
Rhug Estate is a large, family-owned organic farm in Denbighshire, Wales, that covers 12,500 acres of land. It has been in the possession of several families, including the Salusbury family of Bachymbyd, the Vaughan family of Nannau, and the Wynn family, before being acquired by the present Lord Newborough. Rhug Estate is a self-contained field-to-plate operation that follows the highest animal welfare standards. Rhug Estate do not routinely drench or inject their animals, and avoid handling them to minimise stress and rear happy animals that produce the best meat. The farm also benefits from rich organic pastures where the animals are free to graze with almost no interruption.

Stillers
stillersdrinks.com
Stillers Drinks is a British craft soft drinks company that produces alcohol-free distilled botanical drinks, premium tonic waters, and sodas. The company was founded by Thomas Stiller in 2018, who had previously worked in the hospitality industry for many years. Stillers Drinks are made using all-natural ingredients and are free from artificial colours, preservatives, and sweeteners. The company uses carefully selected botanicals to create its wide range including Celtic Myst and Silk Roots.

Tan Y Castell
welshcakes.com
Tan Y Castell Bakery is a family-owned business based in Narberth, Wales. They specialise in baking traditional Welsh recipes using high-quality ingredients to create award-winning products. The bakery was founded by Paul and Linda Mear, when they started by selling Welsh cakes made using an old Aga stove from their family farm. As demand grew, they moved the business to an old cottage and set up a kitchen to sell to local shops, guest houses, cafes, and restaurants. Today, their products are sold in major supermarkets, national wholesalers, council catering, rail companies, food service providers, airports, hotels, and online shops.

Tŷ Nant
tynant.com
Tŷ Nant is a brand of natural mineral water sourced from a spring located in Bethania, a small hamlet in West Wales on the edge of the Cambrian Mountains. The water was discovered in 1976 by a water diviner, Tom Astley, and subsequent analysis confirmed its natural purity and well-balanced composition, making it ideal for drinking. The water is bottled in aesthetically pleasing cobalt blue glass bottles, which have won awards for design excellence. Since its launch in 1989, Tŷ Nant has become a premium product in the bottled water market, with over 60% of its production being exported worldwide.

Find out the nearest store to your home and where to shop Welsh food and drink in the region:

Choithrams UAE
The nine Choithrams stores in Dubai include Choithrams Green Community, Choithrams Manhattan Tower JVC, Choithrams Safa Park, Choithrams Shorooq, Choithrams Umm Suqeim, Choithrams DEC Marina, Choithrams Greens, Choithrams Bay Square, and Choithrams Trident Grand Mall.

Promotions starting from 12 May. Customers can avail 25% off all selected lines.

Lulu Qatar
The six Lulu outlets in Qatar include The Pearl Island, Gharrafa, Al Messila, Barwa City, D-ring, and Abu Sidra Mall.

Promotions starting from 28-30 April.

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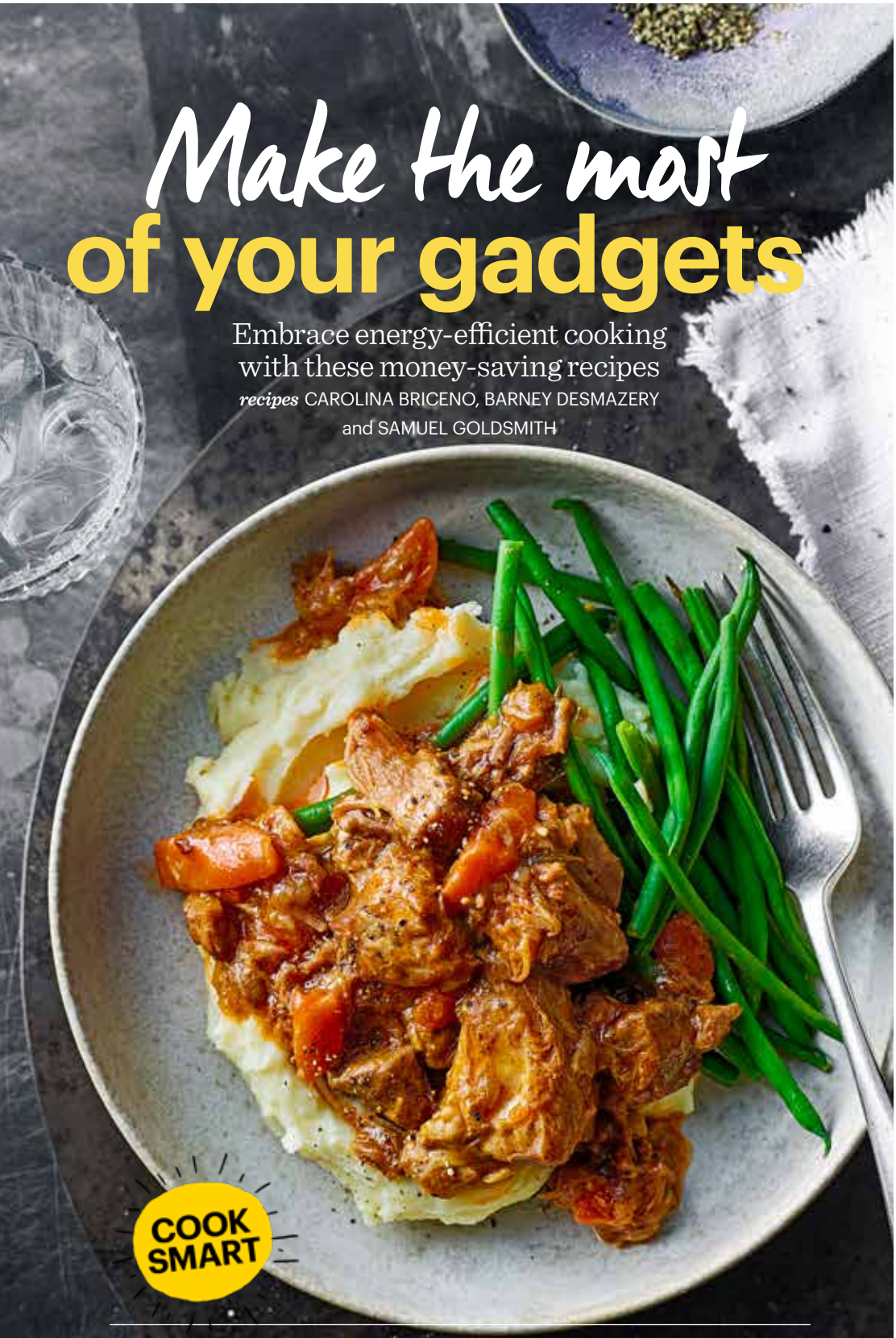
ENJOY IT'S FROM EUROPE

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Make the most of your gadgets

Embrace energy-efficient cooking with these money-saving recipes

recipes CAROLINA BRICENO, BARNEY DESMAZERY and SAMUEL GOLDSMITH



HELPING YOU TO COOK SMART

Rising food and energy costs mean that many of us are having to think carefully about getting the most from our budgets. To help with this challenge, BBC Good Food has developed Cook Smart, a supportive campaign bringing together knowledge and ideas to help everyone eat well on a budget. Cook Smart also explores the best energy-efficient cooking methods such as hob cooking and microwaving, as well as using slow cookers, multi cookers and pressure cookers.

Big-batch lamb stew

Diced stewing lamb is fine for this recipe, but for the best texture, use diced boned lamb shoulder or neck fillet – ask your butcher to do this.

SERVES 8 **PREP** 15 mins
COOK 4 hrs **EASY** ❄

1.5kg diced lamb shoulder
50g plain flour
2 tbsp vegetable oil
2 onions, roughly chopped
6 large carrots, halved lengthways and thickly sliced
2 garlic cloves, finely chopped
2 tbsp tomato purée
1.2 litres lamb or chicken stock
2 bay leaves
large rosemary sprig or a pinch of dried rosemary

1 Put the lamb and flour in a bowl, season and toss to coat. Heat the oil in a large frying pan or casserole over a medium heat, then fry in batches for 5-8 mins until browned all over. Tip the meat into the slow cooker. Add the onions and carrots and cook for 5-8 mins until starting to colour, then stir in the garlic and cook for 1 min more. Scatter in any leftover flour and stir for 1 min. Stir in the tomato purée and cook for a few minutes more.

2 Pour the stock over veg, stir and bring to the boil. Pour the mix over the lamb. Nestle in the bay and rosemary, season and cook on high for 3-4 hrs, medium for 5-6 hrs, or low for 7 hrs, stirring occasionally until the lamb is tender. *Once cool, it can be frozen for three months. Defrost in the fridge fully and reheat in a pan until piping hot.*

GOOD TO KNOW 1 of 5-a-day
PER SERVING 554 kcals • fat 36g • saturates 15g • carbs 13g • sugars 7g • fibre 3g • protein 43g • salt 0.4g

gf budget tip

Elevate this simple stew with baked dumplings, or turn it into a hotpot by topping with finely sliced potato and baking for up to 45 mins until hot and the potato is tender and golden.

Air-fryer steak

Use your air fryer to cook a steak and you won't look back. Serve it with your favourite sauce, chips and a seasonal green salad or roasted veg on the side.

SERVES 2 **PREP** 2 mins plus resting
COOK 12-15 mins **EASY**

2 rib-eye steaks (about 260g each and 3cm thick)
1 tsp vegetable or sunflower oil

1 Pat the steaks dry using kitchen paper or a clean cloth. Brush over the oil, then season well with salt and freshly ground black pepper.

2 Heat the air fryer for 2 mins at 200C. Put the steaks in the basket and cook for 6 mins, then turn and cook for a further 2 mins.
At this point, the steak should be rare to medium-rare. Cook for a further 2 mins for medium steaks, or 4 mins for well done.
3 Remove the steaks to a plate and rest for 3-4 mins. This is a perfect opportunity to make a sauce, if you like (see tip, right).

GOOD TO KNOW gluten free
PER SERVING 523 kcals • fat 37g • saturates 16g • carbs none • sugars none • fibre none • protein 46g • salt 0.3g

gf budget tip

To make a quick and easy sauce, mix a spoonful of Dijon mustard with a few spoonfuls of mayonnaise.

For more simple sauce recipes to complement your steak, visit *bbcgoodfoodme.com*.





Microwave mug cake

Flavoured with almonds, nut butter and cacao, this is a quick and simple way to satisfy your cake cravings – and you don't even need to turn on the oven.

MAKES 1 **PREP** 2 mins
COOK 2 mins **EASY** V

1 tbsp salted butter, plus extra for the mug
1 tbsp peanut butter
30ml almond or coconut milk
1 egg
45g ground almonds
2 tsp cacao powder
2 tbsp xylitol

1 Butter the largest mug you have (to stop it overflowing in the microwave). Put the butter, peanut butter and milk in the mug, and warm in the microwave for about 10 seconds. Stir to combine.
2 Crack in the egg and stir. Tip in the ground almonds, cacao and xylitol, and mix until combined.
3 Put the mug in the middle of the microwave and cook on a high temp (for a 750W microwave) for three 30-second intervals. The cake will look a bit gooey when it comes out, but let stand for 2 mins and it will firm up.

PER SERVING gluten free
PER SERVING 683 kcals • fat 51g • saturates 14g • carbs 30g • sugars 3g • fibre 3g • protein 24g • salt 0.7g

gf budget tip

Mix up the flavours by topping your cake with storecupboard ingredients such as nut butter and desiccated coconut, or serve with a little Greek yogurt or vanilla ice cream, if you have it.

COOK SMART

reduce waste

love your leftovers

Use up what's left of our midweek meals

Pomegranate salsa

Finely chop any leftover **mint** from the pittas and put in a bowl with any leftover **pomegranate seeds**. Add the **juice of 1 lime**, **3 sliced spring onions**, **1 chopped chilli**, **1 apple**, cored and chopped, and **1 tbsp olive oil**. Great with lamb chops, or toasted pittas and feta.

Mackerel fishcakes

Flake any leftover **mackerel** into chunks, then mix with leftover **mashed potato**. Season well, and add **spring onions** or **peas**. Shape into evenly sized patties and chill until ready to use. Heat a generous drizzle of **oil** in a pan over a medium heat and fry for 3-5 mins on each side until golden brown.

Baked peperonata eggs

Gently reheat any leftover **peperonata** in a pan with a glug of **olive oil** for 2 mins. Make a well in the middle and crack in an **egg**. Cover with a lid and cook for 3-4 mins until the whites are set. Serve with **toasted sourdough**.

Pickled daikon

Thinly slice any leftover **daikon** into half-moons. Combine a **large pinch of chilli flakes**, ½ tbsp sea salt, **2½ tbsp rice vinegar** and **60g caster sugar** in a bowl, and toss with the daikon to coat. Leave to pickle for at least 2 hrs. *Will keep chilled for up to four days.*



3 ways with leftover cabbage



Veggie curry

Cut any leftover **cabbage** into thick wedges, keeping the base intact to hold the wedges together. Fry in a pan over a medium-high heat until browned on both sides, then add to a **meat-free curry**. Continue to cook in the curry for 15-20 mins until the cabbage is tender.



Stir-fry

Thinly slice the **cabbage**, **200g mushrooms** and **2 carrots**, and fry in a hot wok with a little oil over a high heat for 4 mins until softened. Add **3 sliced garlic cloves** and grate in a **thumb-sized piece of ginger**. Cook for 2-3 mins until fragrant. Stir in a splash of **soy sauce**, **sesame oil** and pinch of sugar to taste.



Colcannon

Roughly chop any remaining **cabbage**, season well and fry over a medium heat with a **knob of butter** until softened, for about 6-8 mins. Stir through **mashed potatoes** and **3 sliced spring onions**, and season to taste.

Photos GETTY IMAGES

WEEKEND

Mouthwatering dishes to dig into with your family and friends



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TOM KERRIDGE

PULLED BEEF

Tom's one-pan beef recipe is a simple way to master slow-cooking meat

photographs MIKE ENGLISH



When I started in the kitchen, the terms 'slow-cooked' or 'braised' only referred to a stew, casserole or whole joints of meat, like a shoulder of lamb, presented at the table like a roast. Then, about 10 years ago, when street food began to mean more than a dodgy burger at a football match, the American term 'pulled' became commonplace, and meat-eaters couldn't get enough of it. I think it's been the biggest trend in meat cooking in the last decade, and it's easy to see why. If there's one thing that's guaranteed to impress without you needing to go to much effort, expense or worry about any last-minute plating or finishing touches, it's soft, fork-tender pulled meat. I use it all the time as the main event at food festivals, stuffed into buns like I've done here, or as an element in a more complex dish. In one of my restaurants, I stuff it in an onion, or use it to fill a mini Yorkshire pudding. I've developed lots of ways and written different recipes for pulled meat over the years, and this recipe (overleaf) is my easiest, all made in one pan.

If you love pulled beef and you've never tried cooking it yourself, this is a good place to start.



If there's one thing that's guaranteed to impress without you needing to go to much effort, it's soft, fork-tender pulled meat

Our contributing editor Tom Kerridge is a BBC presenter, chef-owner of restaurants in London and Marlow and cookbook author. @ChefTomKerridge





One-pan pulled beef brisket

Brisket is available to buy in one neat piece or a couple of pieces, sometimes tied together. As we're slow-cooking and shredding it, that doesn't matter as much, though smaller pieces might take a little less time to cook.

SERVES 4-6 **PREP** 15 mins
COOK 4-6 hrs **MORE EFFORT**

2 tbsp sunflower oil
1kg brisket beef (any kitchen string removed)
2 onions, chopped
4 garlic cloves, finely grated
1 tbsp each ground coriander, ground cumin and smoked paprika
1 tsp chilli powder (optional)
1 tbsp mustard powder
30g light muscovado sugar
100ml red wine vinegar
100ml tomato ketchup
500ml beef stock
soft buns and coleslaw, to serve

1 Heat the oven to 150C/130C fan/gas 2. Heat 1 tbsp of the oil in a flameproof casserole over a medium heat. Season the beef well and sear for 10-15 mins until browned all over. Lift out onto a plate. Add another 1 tbsp oil and the onions to the pan, and cook for 8-10 mins until soft. Add the garlic and cook for a minute more, then scatter in the spices and mustard powder to make a paste.

2 Stir in the sugar, then add the vinegar and bubble for a few minutes before adding the ketchup and stock. Give everything a good stir and bring to a simmer. Return the beef to the pan and spoon over the sauce. Cover the pan tightly with foil, then the lid, and transfer to the oven for 4 hrs.

3 Remove the dish from the oven and check the meat. Sometimes brisket is ready in 4 hrs, but it can take up to 6 hrs, so push into the meat with a fork – if it feels like it can be pulled apart, it's ready, but if not, turn the beef over, stir the sauce, cover with the foil and lid again, and cook for another hour, or until fork-tender and easily shredded. If the sauce is too thick and starting to catch, add a splash of water.

4 Leave the beef to cool slightly in the sauce – it's fine to leave the fat in the sauce, but some of it can be spooned off, if you like. Use two forks to shred the beef into the sauce and mix gently until evenly coated. Serve in the casserole, ready to be stuffed into buns with coleslaw. *Once completely cool, the beef will keep chilled for up to three days or frozen for three months. Defrost fully in the fridge overnight before reheating over a low heat until piping hot.*

PER SERVING (6) 409 kcals • fat 24g • saturates 8g • carbs 14g • sugars 13g • fibre 3g • protein 33g • salt 0.7g

5 MORE IDEAS

• Slow cooker
This recipe can easily be made in a slow cooker. Fry everything and make the sauce in a casserole, then put in the slow cooker. Cook on high for 1 hr, then low for 8 hrs, or until the meat shreds easily.

• Pressure cooker
To speed things up, make this recipe in a pressure cooker. If possible, fry everything in the cooker first, but if you can't, fry separately and assemble in the cooker. Bring to a simmer, cover and bring up to high pressure. Cook for 1 hr, or until the meat is tender, topping up with water if needed.

• Simple stew
Finely shred **½ white cabbage**, coarsely grate **2 carrots** and finely slice **1 small red onion**. Tip it all into a bowl with a large pinch of salt, **1 tbsp cider vinegar**, **1 tbsp French mustard** and **4 tbsp mayonnaise**. Mix everything togther.

• Chipotle pulled beef
To use this in tacos or burritos, simply add **1 tbsp chipotle paste** along with the ketchup.

• Pulled beef chilli
Add a **400g can black** or **red kidney beans**, drained but not rinsed, when heating everything up at the beginning.

Shoot director FREDDIE STEWART | Food stylist KATY GILHOOLY | Stylist SARAH BIRKS



NEW SERIES

Sow, grow, glow

sow grow glow

We've teamed up with the experts at BBC Gardeners' World to guide you through the best produce to sow and grow, giving you the freshest fruit and veg for summer and beyond

guides EMMA CRAWFORTH and OLIVER PARSONS

recipes SAMUEL GOLDSMITH

THE BENEFITS OF GROWING YOUR OWN

In this new series, we'll show you the many perks to growing your own. You'll have the satisfaction of nurturing something from seed to plant, as well as turning homegrown produce into something delicious, which is often cheaper. You'll have more nutrient-rich fruits and vegetables, while reducing waste. Plus, there's the sense of wellbeing you get from losing yourself in an activity.

What to grow now
PEAS & BEANS

Peas and broad beans are legumes, which provide protein, making them particularly good for vegetarians. They're exceptionally hardy, so if you sowed some last autumn, you could be gearing up for picking now. Just one seed can result in a large plant, producing masses of pods. And, as they grow upwards, they don't take up much ground space for the harvest you get. Both podding peas and broad beans can be dried for easy storage in jars. To dry peas, leave them on the plant as long as possible, then cut off the pods and spread them out somewhere dry to split open. Or, shell the pods and freeze the contents after boiling for 1-2 mins so you'll have plenty of peas to eat all year round.

When to sow
This month is your last chance to sow broad beans until autumn, when you can start overwintering varieties. Peas have a long sowing season, from midwinter to midsummer, plus some varieties in autumn. Short cultivars of shelling peas are ideal for sowing direct in the soil now.

When to harvest
Peas sown now will take 12-14 weeks to mature to harvest, and broad beans take 12-16 weeks. By sowing in regular batches, you can eat fresh peas and broad beans from late spring to early autumn.

Varieties you won't find in the supermarket
'Imperial Green Longpod' broad beans produce handsome pods up to 30cm long, while 'Karmazyn' produces high yields of tasty pink beans. 'Blauwschokker' peas neatly pack rows of tasty green peas into fat purple pods.

Alternative uses
You can eat the young shoots of both fresh peas and broad beans, and you can also enjoy the immature pods of broad beans. Peas work well as sprouting seeds on the windowsill, too.



Other benefits
Both crops are thought to be good for soil, as they fix nitrogen into it, a nutrient that all plants need. Broad bean flowers can be black and white, red or pink. These are among the first crops to bring a vegetable plot back to life in spring.

& Learn more at *gardenersworld.com/peas-grow-guide* and *gardenersworld.com/broad-beans*

What to cook

Early peas & beans on toast
Vibrant and fresh, these toasts are great for al fresco eating.

SERVES 2 **PREP** 5 mins
COOK 4 mins **EASY** V

200g fresh broad beans (podded weight)
150g fresh peas (podded weight)
½ lemon, zested and juiced
1 mint sprig, leaves picked and finely chopped
4 slices sourdough
160g soft goat's cheese

1 Cook the broad beans in a pan of boiling salted water over a medium-high heat for 1-2 mins until tender. Scoop out using a slotted spoon and plunge into a bowl of ice-cold water. Leave for 2 mins, then drain. Repeat the process with the peas. Pop the broad beans out of their skins, then tip into a bowl with the cooked peas and lemon juice. Use a fork to crush everything together, or pulse together using a hand blender. Stir in the mint leaves and season with salt and plenty of black pepper.
2 Toast the bread, then spread over the goat's cheese and top with the crushed peas and beans. Scatter over the lemon zest and season before serving.

GOOD TO KNOW folate • fibre • vit c • 2 of 5-a-day
PER SERVING 605 kcals • fat 24g • saturates 15g • carbs 55g • sugars 5g • fibre 13g • protein 35g • salt 2.6g

gf tip
When not in season, frozen peas and beans are a great alternative. You won't need to cook them – simply defrost by covering in boiled water for 1 min, then drain and continue with the recipe.



Rosie Yeomans'

TIPS FOR SUCCESS

- Spring-sown bean seeds are best germinated in modules to stop mice digging in and making a meal of them. By summer when food is plentiful, it's safe to sow them straight into the ground.
- Spraying water on bean flowers for pollination is a bit of a myth. To attract more pollinating insects, grow echinacea, sunflowers and zinnias in the veg patch – they make great cut flowers, too.
- Choose climbing French beans – they're easy, crop well into autumn and are a perfect height for comfortable picking. My favourite are the tender, golden-podded beans called 'Sunshine'.

Rosie lectures, broadcasts, leads tours and writes, including regular practical gardening content for BBC Gardeners' World magazine.
@rosie.yeomans

What to grow now

CUCUMBERS & GHERKINS



Why you should grow them

Cucumbers taste best when homegrown, as the flavour and sweetness of the fruits is notably different from shop-bought. Most cucumbers are climbing plants, meaning one seed produces a big crop from one plant that won't take up much ground space.

When to sow

Sow cucumber seeds from early spring to early summer, ideally indoors (although they can be sown directly into the soil if started in June). Seeds need a minimum temperature of 20C to germinate, and the plants will not tolerate frost.

When to harvest

Harvest cucumbers from mid-summer to mid-autumn. Gherkins are ready about a month after the first cucumbers.

Varieties you won't find in the greengrocers

Availability in the shops bears very little relation to the richness of options you can grow yourself. Decorative heirloom varieties include 'Crystal Apple' and 'Crystal Lemon', a climber with round, flavoursome yellow fruit that's suitable for indoor and outdoor growing. For lunchboxes, try 'Green Fingers' (short and smooth-skinned), or cucamelons (Melothria scabra) – tiny fruits that taste like a cucumber crossed with a lime. For gherkins, grow 'Venlo Pickling', which can be preserved or eaten fresh, or 'Patio Snacker', a variety that's compact enough to be grown in a pot. While most cucumbers grown at home are dark green, 'White Wonder' is creamy white all over and has a citrussy flavour. It's one to grow outdoors and is a prolific cropper.

Alternative uses

Train a traditional variety to cover a wall, with fruits forming on several sideshoots. For modern varieties, grow several plants up one large tripod, with a space in the centre for a little den. Try harvesting half a large cucumber, leaving the rest on the plant for later. Cucumbers are best stored in the fridge, but you can leave them in a jug with the stem end standing in a little water to make them last longer.

Other benefits

Cucumbers go from plot to plate faster than most other veg. Due to being held off the ground, they stay clean and they're easy to cut and peel, so this is a crop that you'll be strongly motivated to harvest.

What to cook

Herby warm cucumbers with lemon

Warming up cucumbers enhances their fresh flavour, and this dish puts them centre stage.

SERVES 4 **PREP** 10 mins
COOK 4 mins **EASY** **V**

2 tbsp olive oil
small handful of mint, chopped
2 cucumbers, cut into thin ribbons using a vegetable peeler
small handful of dill, chopped
small handful of parsley, chopped
½ lemon, zested and juiced

1 Heat the oil in a large saucepan and cook the chopped mint for 1 min before gently stirring in the cucumber ribbons. Toss and cook for 2-3 mins more to warm them.
2 Remove from the heat and toss through the dill, parsley and a drizzle of the lemon juice. Tip out onto a platter, drizzle with more lemon juice, if you like, and sprinkle with the lemon zest.

GOOD TO KNOW vegan • healthy • 1 of 5-a-day • gluten free
PER SERVING 78 kcals • fat 7g • saturates 1g • carbs 2g • sugars 2g • fibre 1g • protein 2g • salt 0.02g

gf tip
If you don't want to use the hob, this will also work cold. Simply toss everything together in a large bowl.



Jaime Johnson's TIPS FOR SUCCESS

- Cucumbers have a reputation for being a bit tricky to grow, but choosing the right variety can make all the difference. I recommend varieties suitable for both indoor and outdoor growing. Look out for 'all female flowering' on seed packets, as these will need little extra attention to produce delicious, sweet fruits.
- All cucurbits – especially cucumbers – are at risk of 'damping off'. This is when the stem of the seedling rots away due to fungal disease. Avoid over-watering and, when planting out, it can be helpful to mound the earth slightly. This allows water to easily drain away from the stem.

Jaime is a Forest School teacher and horticultural student. She blogs about gardening, motherhood and sustainable living.
@GreenMamaUK





What to grow now
TOMATOES

Why you should grow them
Homegrown tomatoes taste better than shop-bought ones, as picking tomatoes fresh and keeping them at room temperature makes a big difference to flavour. Plus, growing methods can contribute to sweetness and depth of flavour.

When to sow
Sow this month. The plants will mature at the right time.

When to harvest
Harvest tomatoes once they have developed their full colour, which is an indication they're ripe. This will vary depending on the type of tomatoes you're growing.

Varieties you won't find in the greengrocers
There is an increasingly wide choice of varieties in shops, but it will never match the diversity of varieties you can grow from seed, which include small cherry or currant tomatoes; big ones called beefsteak, oxheart or 'Marmande'; and medium plum- or pear-shaped tomatoes. They also come in plenty of colours: red, orange, yellow, green, pink and black.

Alternative uses
Tomato plants divide into three types: vine or cordon tomatoes, which are trained upwards with one main stem producing several fruiting sideshoots; bush tomatoes, which don't need training; and dwarf/patio tomatoes. It's now possible to grow tomatoes in hanging baskets (the bush or patio types), which looks great and makes harvesting easy. Cordon tomatoes will grow a main stem several metres long if allowed, which makes an impressive decorative feature and produces masses of fruits. Try out different ways to preserve your crop when you get a glut. Oven-dried tomatoes are easy, while pan-cooked tomatoes reduce in volume and make a superb pasta sauce.



If you have no time, bagging and freezing with zero preparation preserves the flavour until you can cook them later.

Other benefits
Tomatoes contain carotenoids in their skins, which are important for eye health. They also contain potassium and vitamin K.

What to cook

One-pot tomato orzo

A quick and easy way of using up a glut of tomatoes – this one-pan dish is an ideal midweek meal.

SERVES 4 **PREP** 10 mins
COOK 20 mins **EASY** V

1 tbsp olive or rapeseed oil
1 red onion, finely chopped
2 garlic cloves, finely grated
1 chilli, deseeded and finely chopped
600g tomatoes, chopped
400g orzo
800ml vegetable stock
handful of parsley, roughly chopped
grated parmesan or vegetarian alternative, to serve (optional)

1 Heat the oil in a large saucepan or frying pan over a medium heat and fry the onion for 4-6 mins until softened but not golden. Add the garlic and chilli, and cook for 1 min more to soften. Stir in the tomatoes and cook for 5 mins until starting to break down.
2 Stir in the orzo, then pour in the stock. Cook for 8-10 mins until the liquid has reduced and the orzo is tender – add a few tablespoons of water if it begins to dry out. Scatter in three-quarters of the parsley and stir this through before serving in bowls topped with the remaining parsley and a grating of parmesan, if you like.

GOOD TO KNOW low fat • low cal • fibre • vit c • 2 of 5-a-day
PER SERVING 446 kcals • fat 5g • saturates 1g • carbs 82g • sugars 8g • fibre 8g • protein 14g • salt 1.6g

gf tip
If your tomatoes aren't ready to pick or not in season, a can of chopped tomatoes will also work.



Ingrid Chin's
TIPS FOR SUCCESS

- Use companion planting to enhance the flavour of tomatoes and keep pests off them. Basil is said to enhance the flavour, and marigolds prevent the attack of whitefly.
- Tomatoes fruit best in a sunny position. I often grow mine in pots and put them in the sunniest part of the garden. Just don't forget to keep the water levels topped up in pots.
- Regularly stake (tie in) your tomato plants. Otherwise, they are prone to snapping if a big gust of wind comes along.

Ingrid specialises in small-space gardening, using techniques such as vertical growing to maximise crops. She's recently transformed her new patio into a vegetable haven. @ingrid_grows_and_eats

SAVE SUNDAY LUNCH

MELISSA THOMPSON'S FIRE FEAST

Welcome warmer days with this fresh menu for the barbecue

photographs ISSY CROKER



Melissa is one of our regular columnists as well as running recipe project Fowl Mouths, through which she innovates in the kitchen and helps drive change in the food industry. She's a vocal advocate for the promotion of black and minority ethnic people in this field, and in 2022, won the PPA Writer of the Year award. Her debut book, *Motherland*, is out now.
@FowlMouthsFood



Roast garlic & tahini spinach

Mustard seed new potatoes

For me and my family, Sunday lunch is a chance to slow down – in the preparation, cooking and eating of it. We can afford to take longer getting everything ready, so it means enjoying something with a bit more heart and soul that takes time to cook, compared to a quick midweek meal. It's also a chance to spend some time around the dinner table, maybe with friends and extended family, chatting, laughing and truly relaxing before the start of another busy week.

With barbecues, there are no nasty surprises in your energy bill at the end of the month. You buy the fuel upfront, then cook. Even better, this entire meal is made using one load of charcoal or gas, minimising the cost. The spiced yogurt marinade on the chicken comes into its own over the flames, charring the edges and bringing the spices alive. The potatoes are the perfect accompaniment – the coating turns almost sticky in the pan. And, spinach and tahini are an extra-special duo – almost like a hybrid of creamed spinach and Japanese gomae salad.

To finish, I've infused the flavours of banoffee pie into a quick and easy eton mess. It's a surprisingly light dessert that's reminiscent of two favourite treats, and completely unique.

Masala spatchcock chicken

SERVES 6 **PREP** 15 mins plus overnight marinating
COOK 45 mins **MORE EFFORT**

1 whole chicken (about 1.5kg)
1 tsp ground fenugreek
1 tsp cumin seeds
1 tsp coriander seeds
1 tsp black peppercorns
2 tsp ground turmeric
1 tsp smoked paprika
5 tbsp natural yogurt

1 To spatchcock the chicken, lay it on a board, breast-side down, and cut down either side of the backbone using kitchen scissors to remove it (this can be frozen to use in stock). Make two slashes in each side of the chicken breasts, and one in each of the legs and thighs. Flip the chicken over so it's cut-side is down, then gently press down over the breasts using your hands to flatten it.
2 Toast the fenugreek, cumin and coriander seeds and the peppercorns in a dry frying pan over a medium heat until fragrant, about 5 mins – watch closely to ensure they don't burn. Grind in a spice grinder or using a pestle and mortar, then combine with the turmeric, paprika and 2 tsp salt in a bowl. Stir into the yogurt.
3 Put the chicken in a roasting tin and pour over the spiced yogurt, rubbing it into the slashes and over both sides of the bird. Cover with baking parchment and chill overnight.
4 The next day, light the coals of the barbecue and, once the flames have died down, move them to one side of the grill. Put the chicken breast-side up on the side without coals, with the legs closest to the heat source. Close the lid, open the vents and grill for 30 mins.
5 Turn the chicken over, close the lid again and cook for another 30 mins. Move the chicken directly over the coals, breast-side up, cover and cook for 10 mins. Turn over and cook for another 10 mins, then check the temperature where the thigh attaches to the body – it's ready when the probe reads 70C or the juices run clear. Remove to a tray, cover loosely and rest for 10 mins before carving.

GOOD TO KNOW gluten free
PER SERVING 408 kcals • fat 23g • saturates 7g • carbs 3g • sugars 3g • fibre 1g • protein 48g • salt 2.1g

gf tip
If at any point the chicken starts to brown too quickly, you can cover it with foil.

Roast garlic & tahini spinach

SERVES 6 **PREP** 5 mins
COOK 45-50 mins **EASY** V

olive oil, for drizzling
1 whole garlic bulb
4 tbsp tahini
750g spinach, any thick stems removed and larger leaves chopped

1 Drizzle a little olive oil over the garlic bulb and season with ½ tsp salt. Wrap in foil and put on the grill close to the heat source, but not directly over the coals. Cook for 35-40 mins until soft, then leave until it's cool enough to handle.
2 Squeeze half the roasted garlic out into a bowl and squash with a fork to make a paste. Stir in the tahini, ½ tsp sugar, ½ tsp salt and ½ tsp black pepper, and mix well. Stir in 4-5 tbsp water, or enough to make a pale, loose dressing.
3 Put a flameproof pan on the grill directly over the coals and cook the spinach for a few minutes, stirring until wilted and tender. (You may need to do this in batches.) Remove from the heat, drain off any excess water and stir into the tahini dressing before serving.

GOOD TO KNOW vegan • folate • vit c • 1 of 5-a-day • gluten free
PER SERVING 95 kcals • fat 7g • saturates 1g • carbs 2g • sugars 0.5g • fibre 3g • protein 6g • salt 0.9g

Mustard seed new potatoes

SERVES 6 **PREP** 5 mins
COOK 45 mins **EASY** V

1.5kg new potatoes, halved
1 tbsp mustard seeds
1 tsp cumin seeds
2 tsp ground turmeric
1 tsp chilli flakes (or to taste)
2 tbsp vegetable oil

1 Combine the potatoes, mustard, cumin seeds, turmeric, 1 tsp each salt and black pepper, the chilli flakes and oil in a large bowl. Tip into a flameproof dish (cast iron works well) along with 100ml water, and cover tightly withmarianne. foil.
2 Put the dish on the grill directly over the coals and cook for 30 mins, stirring after 15 mins. Remove the foil and use a fish slice to turn over the potatoes (they should be tender), scraping up any stuck spices. Move the dish to the indirect heat and cook for 15 mins to brown.

GOOD TO KNOW vegan • low fat • folate • vit c • iron • gluten free
PER SERVING 225 kcals • fat 5g • saturates 0.4g • carbs 38g • sugars 3g • fibre 5g • protein 5g • salt 0.8g

Banoffee mess

SERVES 6 **PREP** 10 mins plus cooling
COOK 20 mins **EASY** V

5 bananas
250g mascarpone
3 tbsp canned caramel
4 meringue nests, broken up
50g walnut halves, roughly chopped

1 Put 3 of the unpeeled bananas on the grill over indirect heat and cook until the skins are dark brown and the insides soft, about 15-25 mins. Cool, peel and mash, then mix with the mascarpone in a bowl. Combine the caramel with ½ tsp salt. Peel and slice the remaining bananas.
2 Divide half the mascarpone, meringue pieces, banana slices and caramel between six dessert bowls, then repeat the layers until everything has been used up. Sprinkle over the walnuts and serve immediately.

GOOD TO KNOW gluten free
PER SERVING 388 kcals • fat 27g • saturates 15g • carbs 31g • sugars 29g • fibre 1g • protein 5g • salt 0.7g

Shoot director and stylist CLOE-ROSE MANN | Food stylist JENNIFER JOYCE



SAVE SUNDAY LUNCH

Our GF Nation survey showed that the energy crisis is putting the traditional Sunday roast at risk, because many of us prefer not to switch on the oven. But, getting together to share a meal doesn't have to cost the earth. BBC Good Food's Save Sunday Lunch campaign is our way of keeping this tradition alive, with budget-friendly, energy-efficient recipes and ideas from Good Food's diverse community of food lovers, for everyone to enjoy together at the weekend. Find more affordable recipes at *bbcgoodfoodme.com*.

KITCHEN *INSPIRATION*

Make something special for the weekend with one of these flavour-packed dishes

recipes AILSA BURT *photographs* ISSY CROKER



Soy caramel-glazed pork ribs



Make a springtime classic

Spring onion & Dijon mustard chicken pie

Soy caramel-glazed pork ribs

Sweet and salty soy caramel gives these ribs a sticky richness. You can marinate the ribs for up to 24 hrs to give them even more flavour.

SERVES 6 **PREP** 20 mins plus cooling
COOK 3 hrs 40 mins **MORE EFFORT**

125ml soy sauce
1 tsp onion granules
½ tsp garlic granules
1 tsp smoked paprika
20ml apple cider vinegar
50ml Shaohsing rice wine
20g piece of ginger, peeled and finely grated
5 garlic cloves, crushed
3 star anise
1 cinnamon stick
1-2 tsp chilli flakes, to taste
1 tbsp sunflower oil
150g golden caster sugar
5kg baby back pork ribs
2 spring onions, finely sliced
pak choi, cooked white rice, sliced red chilli and pickled veg, to serve

1 Combine the soy, onion and garlic granules, the smoked paprika, vinegar, Shaohsing wine, ginger, fresh garlic, star anise, cinnamon, chilli flakes and a grinding of black pepper in a bowl. Set aside.
2 Heat the oil in a deep saucepan over a medium heat, pour in the sugar and cook, swirling the pan occasionally until the sugar has melted. Continue to cook until the sugar has darkened and caramelised. Reduce the heat to low and pour in the soy sauce mixture (it may split at this stage, but will come together again as it cooks). Turn the heat back up to medium, bring to a simmer and cook for 5-10 mins until the mixture has reduced and thickened. Remove from the heat and cool to room temperature, about 20-25 mins.
3 Meanwhile, heat the oven to 150C/130C fan/gas 2. Remove the thin membrane from the back of the pork ribs (see tip, right), then arrange them in a single layer in a large roasting tin. Pour over the soy caramel and cover the tin tightly with foil. *At this stage, the ribs can be chilled for up to 24 hrs*. Bake for 2 hrs 30 mins-3 hrs until the ribs are very tender and a sharp knife can be easily inserted. Remove to a plate and tip the roasting juices into a wide pan, removing the cinnamon stick and star anise. Cook the juices over a high heat for 10-15 mins until thickened and sticky. Cut the ribs into thirds, then toss in the glaze and return to the roasting tin. Heat the grill to high and grill the ribs for 5 mins until caramelised. Scatter over the spring onions and serve with steamed pak choi, rice and pickled vegetables, if you like.

GOOD TO KNOW iron
PER SERVING 832 kcals • fat 48g • saturates 17g • carbs 30g • sugars 29g • fibre 1g • protein 68g • salt 3.1g

gf tip
The membrane will not soften as the ribs cook – removing it ensures you will have tender, fall-apart ribs.

Spring onion & Dijon mustard chicken pie

For an alternative Sunday lunch, make this veg-filled spring pie.

SERVES 6 **PREP** 30 mins
COOK 1 hr 30 mins **EASY**

1 tbsp olive oil
75g smoked pancetta, finely chopped
6-8 boneless, skinless chicken thighs, cut into bite-sized pieces
300g mushrooms, quartered
25g unsalted butter
200g spring onions, sliced, white and green parts separated
3 tbsp plain flour, plus extra for dusting
800ml chicken stock
1 tbsp Dijon mustard
2 bay leaves
¼ tsp ground nutmeg
½ tsp mustard powder
small handful of thyme
150g fresh or frozen peas
150ml double cream
500g block puff pastry
1 egg, beaten
steamed green veg and new potatoes, to serve

1 Heat the oil in a flameproof casserole over a medium-high heat and fry the pancetta until browned and crisp, about 5-7 mins. Remove to a bowl using a slotted spoon. Tip the chicken into the pan, season well and fry for 5-7 mins until browned all over. Remove to the bowl with the pancetta. Fry the mushrooms in the pan for 7-8 mins until browned and crisp, then stir in the butter, the white parts of the spring onions and the flour. Cook for a few minutes more until the spring onions have softened slightly, then slowly pour in the stock, stirring well after each addition.
2 Bring to a simmer and mix in the mustard, bay, nutmeg, mustard powder and thyme, then return the chicken and pancetta to the pan. Simmer for 20-25 mins until the mixture has reduced slightly and thickened, then stir in the peas, double cream and green parts of the spring onions. Season well and tip into a 18 x 28cm pie dish, then leave to cool for 10-15 mins.
3 Heat the oven to 200C/180C fan/gas 6. Lightly dust a clean work surface with flour, then roll the pastry out to roughly the thickness of 2.8mm. Brush the edges of the pie dish with some of the beaten egg, lay the pastry on top and trim to fit. (You can use the offcuts to decorate the pie, if you like.) Cut a steam hole in the middle. *Once completely cool, the pie can be covered and frozen for up to three months. Defrost in the fridge overnight before baking as directed.* Brush the pastry all over with the remaining beaten egg and bake for 30-40 mins until piping hot and deeply golden. Serve with veg and new potatoes, if you like.

GOOD TO KNOW fibre • 1 of 5-a-day
PER SERVING 750 kcals • fat 51g • saturates 24g • carbs 39g • sugars 5g • fibre 6g • protein 32g • salt 2.4g

gf tip
The green part of the spring onion is much milder, so we've added it towards the end of the recipe to give its subtle flavour space to shine through.



Blueberry & soft cheese babka

Fill the biscuit tin



Blueberry & soft cheese babka

To save time, use a store-bought blueberry jam, if you like.

SERVES 10-12 **PREP** 40 mins plus overnight proving **COOK** 1 hr 10 mins **MORE EFFORT** V

500g strong white bread flour, plus extra for dusting
7g sachet fast-action dried yeast
3½ tbsp golden caster sugar
50g dried blueberries (optional)
250ml whole milk
2 eggs, beaten
50g unsalted butter, cut into cubes and softened
275g soft cheese, at room temperature
sunflower oil, for the bowl and tin
1 tbsp honey

For the jam
350g blueberries
225g golden caster sugar
1 lemon, juiced

1 To make the dough, put the flour, yeast, 2 tbsp sugar and 1 tsp fine sea salt in the bowl of a stand mixer fitting with a dough hook. Stir well to combine. Tip in the dried blueberries, if using, the milk and most of the egg, reserving 1-2 tbsp. Knead on medium for 8-10 mins until the dough is elastic and smooth. Add the butter, cube by cube, until no streaks remain, only adding more once the previous addition has been completely incorporated. Add 50g of the soft cheese in the same way, mixing in a little at a time until fully incorporated. Continue kneading until the dough comes away cleanly from the bowl. This whole process will take 8-10 mins, and when ready, the dough will be soft and tacky. Form into a ball and transfer to a lightly oiled bowl. Cover and prove in the fridge overnight (at least 12 hrs).
2 Meanwhile, if you're making the jam, tip the blueberries, sugar and lemon juice into a deep saucepan and bring to a simmer over a medium heat. Cook for 15-20 mins, stirring occasionally and mashing the blueberries with the spoon until thickened and reduced. Set aside to cool completely. *Will keep for a week in a sterilised jar in the fridge.*
3 Oil a 27 x 14cm (or 2kg) loaf tin and line with baking parchment. Mix the remaining soft cheese with the rest of the sugar. Beat the jam well to loosen, adding 1 tsp boiling water if it's very stiff. Tip the proved dough onto a lightly dusted work surface and roll out into a roughly 60 x 30cm rectangle. Spread over the rest of the soft cheese, leaving a 1-2cm border around the edges, then spoon the blueberry jam on top. Roll up into a tight spiral from a long side, tucking the seam underneath. Cut the spiral in half lengthways, so you have two long pieces parallel to each other. Carefully plait the pieces together, cut-sides up, and lay in the tin, gently tucking both ends in. Cover. Leave to prove in a warm place for 30 mins-1 hr until doubled in size.
4 Heat the oven to 180C/160C fan/gas 4. Brush the babka with the remaining egg and bake for 30 mins until deeply golden. Cover loosely with foil, turn the oven up to 200C/180C fan/gas 5 and bake for a further 30-45 mins until the base sounds hollow when tapped. Brush with the honey and cool in the tin for 30 mins before turning out onto a wire rack to cool completely. Slice to serve. *Best eaten the day it's made, but it will keep in an airtight container for two days.*

PER SERVING (12) 390 kcals • fat 12g • saturates 7g • carbs 62g • sugars 30g • fibre 2g • protein 9g • salt 0.6g

gf tip
Leaving the dough to prove overnight in the fridge means it's much easier to work with and allows more flavour to develop.

Tahini & white chocolate cookies

Fill your biscuit tin with these sweet and nutty cookies.

MAKES 18-20 **PREP** 15 mins plus overnight chilling **COOK** 30 mins **EASY** V ❄ unbaked dough only

125g salted butter, softened
125ml tahini
100g golden caster sugar
100g light brown muscovado sugar
2 eggs
1 tsp vanilla extract
175g plain flour
¾ tsp bicarbonate of soda
150g white chocolate, roughly chopped
1 tbsp black sesame seeds

1 Beat the butter and tahini until soft and combined in a stand mixer or using an electric whisk. Tip in the sugars and beat again until light and fluffy, about 5 mins. Crack in the eggs, one by one, beating well after each addition. Mix in the vanilla, flour and bicarbonate of soda until no pockets of flour remain. Stir in the chocolate, then cover the bowl and chill overnight (for at least 18 hrs). *Will keep chilled for up to three days. Or, roll into a log or balls and freeze for up to three months.*
2 Heat the oven to 180C/160C fan/gas 4 and line two large baking trays with baking parchment. Roll the dough into cherry-tomato-sized balls, about 50g each. Arrange on the baking trays, spaced well apart, and press down on each one lightly with the palm of your hand to flatten them slightly. Sprinkle over the sesame seeds and a pinch of sea salt flakes. Bake for 12-14 mins until the edges are golden and set, and the middle is still gooey. Leave to cool completely on the trays before serving. *Will keep in an airtight container for three days.*

PER SERVING (20) 209 kcals • fat 12g • saturates 5g • carbs 21g • sugars 14g • fibre 1g • protein 4g • salt 0.3g

gf tip
Chilling the cookie dough gives the flour time to hydrate, which results in a deeper flavour.

Shoot director and styling CLOE-ROSE MANN | Food stylist JENNIFER JOYCE

NEXT LEVEL

Devil's food cake

Make our richest and fudgiest chocolate cake to date

recipe BARNEY DESMAZERY *photograph* TOBY SCOTT

SERVES 15-20 **PREP** 30 mins plus cooling **COOK** 40 mins **MORE EFFORT** V

WHY

So-called for its rich, indulgent nature (it's considered to be the counterpart to a lighter-than-air angel food cake), our version of devil's food cake is textured like a brownie and stacked high with chocolate fudge frosting between the layers. This is a recipe for true chocolate lovers – one that lives up to its name.

WHAT TO BUY

200g unsalted butter, plus extra for the tins
200g dark chocolate, chopped
250g plain flour
50g rye or spelt flour (or use 50g plain flour)
50g cocoa, sifted, plus extra for dusting
2 tsp baking powder
1 tsp bicarbonate of soda
400g light muscovado sugar
300ml natural yogurt
150ml espresso or strong coffee
2 tsp vanilla extract
3 eggs

For the icing

300g dark chocolate, chopped into small pieces
400g unsalted butter, softened
300g icing sugar, sifted
50g cocoa powder
100ml milk

COFFEE CAKE
Adding coffee to a chocolate recipe boosts its flavour. The stronger the coffee blend, the more prominent its flavour will be, so choose one that suits your tastes.

BETTER WITH BUTTER
Many chocolate cakes use neutral oil for the fat component, but we've opted for butter to give it a richer flavour.

GATEAU HEAVEN
Rather than a light, airy, cocoa-based sponge, we've gone for a denser and richer chocolate gateau base.

SWEET ENOUGH
Cakes need sugar, but when too much is added, the sweetness dominates the other flavours. Here, we've kept the cake base and icing just sweet enough so they work in harmony.

SLIGHTLY SALTED
You can use salt to season both sweet and savoury dishes, and it'll bring out the flavour of the chocolate in this recipe. We've sprinkled crunchy sea salt flakes through the layers, and added a pinch to the cake mixture, too.

Shoot director FREDDIE STEWART | Food stylist KATIE MARSHALL | Stylist FAYE WEARS



FLOUR FLAVOUR
The addition of rye flour is optional, but if you have some in your cupboard, it will give the cake a nutty flavour.

LAYER UP
Devil's food cakes tend to be double- or triple-layered, but to make ours a showstopper, we've topped it off with an extra fourth layer.

HOW TO MAKE IT

1 Heat the oven to 180C/160C fan/gas 4. Butter the base of two 20cm springform cake tins and line with baking parchment. Melt the butter and chocolate in a heatproof bowl over a pan of simmering water (make sure the base of the bowl doesn't touch the water), or do this in the microwave in 10-second bursts. Set aside. Put the flours, cocoa powder, baking powder, bicarbonate of soda, sugar and ½ tsp salt in a bowl, and mix well. If there are any lumps in the sugar, squeeze these through your fingers to break them up.
2 Put the yogurt, coffee, and vanilla in a jug, and whisk in the eggs until smooth. Pour the wet ingredients, along with the melted chocolate mixture, into the dry ingredients. Fold everything together until well combined.
3 Divide the cake batter evenly between the two tins, and bake for 30 mins, or until risen and a skewer inserted into the centres comes out clean. Leave to cool in the tins for 10 mins, then turn out onto a wire rack, peel off the baking parchment and leave to cool completely. *Once cooled, the cakes will keep, well wrapped, for up to three days.*
4 To make the icing, melt the chocolate as you did in step 1. Cool slightly. Put the butter, icing sugar and cocoa in a large bowl and mash together, then beat with an electric whisk until smooth. Add the melted chocolate and milk, then mix until smooth.
5 Split the cakes in half through the equator using a bread knife. Secure one layer to a board or plate using a little icing. Spread over a layer of icing, sprinkle over a little sea salt, then sandwich with another cake layer. Repeat until about half the icing and all the remaining cake layers have been used, ensuring the final layer is flat-side up. Spread the remaining icing all over the cake using a palette knife to smooth it, or swipe upwards around the side for texture. Dust with cocoa powder and sprinkle with sea salt flakes. *Will keep covered for four days.*

PER SERVING (20) 605 kcals • fat 37g • saturates 22g • carbs 60g • sugars 45g • fibre 3g • protein 6g • salt 1g

FUDGE IT
When it comes to icing a devil's food cake, some recipes suggest simple chocolate ganache, but we've whipped up a buttery chocolate fudge icing.

SHOPPING LIST
Devil's food cake usually contains a sour dairy ingredient for richness, which also activates the bicarb. While some use buttermilk (not always easy to find in shops), we've chosen readily available natural yogurt.

WEEKEND BAKE

CHOCOLATE PIZZA

Make this a fun baking project with the kids

recipe BARNEY DESMAZERY *photograph* TOBY SCOTT

Stuffed-crust chocolate pizza

Like a savoury pizza, this chocolate version can be topped with anything you fancy. We've used marshmallows, but sliced bananas, chopped chocolate bars, broken pretzels and caramel sauce would all work well, too.

SERVES 6-8 **PREP** 20 mins plus 2 hrs proving **COOK** 20 mins
MORE EFFORT V

40g unsalted butter
200ml milk, plus extra for brushing
1 tsp vanilla extract
300g strong white bread flour, plus extra for dusting
1 tsp fast-action dried yeast
2 tsp golden caster sugar
40g milk chocolate chips
5 tbsp chocolate & hazelnut spread
mini marshmallows (optional)

1 Melt the butter in a saucepan over a medium heat, then set aside 1 tbsp in a small bowl. Pour the milk and vanilla into the pan and simmer until warmed through. Combine the flour, yeast, sugar and a pinch of salt in a large bowl. Pour the milk mixture into the bowl and mix with a wooden spoon until well combined. Tip out onto a work surface and knead for 5 mins until you have a smooth and elastic dough. Roll the dough into a tight ball, sit in a clean bowl and cover. Leave somewhere warm to prove for 2-3 hrs until doubled in size, or chill for up to 48 hrs.

2 Tip the dough out onto a floured surface and knock out any air bubbles. Roll it into a round pizza base about 40cm wide. Dust a large baking sheet with a little more flour and put the dough on top. Use the chocolate chips to create a ring around the outside of the pizza base, ½cm from the edge. Brush a little milk inside the chocolate chip ring, then fold over the outside edge to enclose the chocolate and create a stuffed crust, pressing down very firmly to stick the dough in place. *Can be prepared up to 1 hr ahead and set aside to puff up.*

3 Heat the oven to 220C/200C fan/gas 8. Brush the middle of the dough with the reserved melted butter and bake for 15 mins until golden. Remove from the oven and spread over the chocolate spread and scatter over the marshmallows, if using, and any other toppings you like. Return the pizza to the oven for 4-5 mins to warm through the topping. Let stand for a minute before slicing to serve.

PER SERVING **(8) 274 kcals • fat 10g • saturates 5g • carbs 38g • sugars 10g • fibre 2g • protein 7g • salt 0.1g**

Shoot director FREDDIE STEWART | Food stylist KATIE MARSHALL | Stylist FAYE WEARS



BBC goodfood Middle East





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family

Enjoy a special picnic



Gather together for a holiday picnic with family-friendly snacks and treats that everyone will love

recipes CASSIE BEST AND BARNEY DESMAZERY

photographs MYLES NEW

> ***Serve this warm for brunch, or cold in a picnic basket***

Courgette, potato & feta slice

SERVES 8 **PREP** 25 mins
COOK 1 hr **EASY** V

350g new potatoes, thinly sliced
4 courgettes (about 900g), trimmed and thinly sliced
3 tbsp olive oil
200g block of feta, crumbled (vegetarian, if needed)
small bunch of mint, leaves picked and chopped
8 eggs, beaten

1 Heat the oven to 200C/180C fan/gas 6. Tip the potato and courgette slices into a large bowl and toss with the olive oil and some seasoning. Arrange in a single layer on two baking trays and roast for 25 mins until lightly golden, stirring halfway through to brown evenly.
2 Line a 20 x 30cm baking tin with a large sheet of baking parchment, ensuring there are no tears or cuts (where the egg might leak through). Layer the veg on the parchment, scattering most of the feta and all of the mint between the layers.
3 Season the egg, then pour this over the veg. Crumble over the rest of the feta. Bake for 25-30 mins until the egg is cooked and the top is golden. Leave to cool completely in the tin, then chill until needed. *Will keep chilled for up to two days*. Cut into squares and pack into a lunchbox or picnic hamper.

GOOD TO KNOW vit c • 1 of 5-a-day • gluten free
PER SERVING 225 kcals • fat 14g • saturates 5g • carbs 9g • sugars 3g • fibre 2g • protein 13g • salt 0.8g



Coronation hummus

SERVES 6-8 **PREP** 25 mins
NO COOK EASY **V**

2 x 400g cans chickpeas
1 garlic clove, peeled
5 dried apricots, roughly chopped
2 tsp mild curry powder
1 lemon, zested and juiced
3 tbsp tahini or nut butter of your choice (such as almond, cashew or peanut)
2 tbsp extra virgin olive oil, plus a drizzle
½ small red onion, finely chopped
2 tbsp pomegranate seeds
pinch of nigella seeds
small handful of coriander, mint or parsley leaves
toasted pittas and veg crudités (we used carrots, celery, cucumbers and chicory), to serve

1 Drain the chickpeas over a bowl, reserving the liquid from the can. Tip all but 1 tbsp of the chickpeas into a blender. Add the garlic along with the apricots, curry powder, lemon zest and juice, the tahini or nut butter, oil and some seasoning. Add 4 tbsp of the reserved chickpea liquid and blitz to a smooth paste, adding more liquid if needed. Chill until needed. *Will keep chilled for up to two days.*
2 To serve, spoon the hummus onto a plate or into a shallow bowl, using the back of the spoon to create a dip in the middle. Top with the onion, pomegranate seeds, nigella seeds, herbs, reserved 1 tbsp chickpeas and a drizzle of oil. Serve with pittas and crudités for dunking.

GOOD TO KNOW vegan • healthy • 1 of 5-a-day • gluten free
PER SERVING (8) 161 kcals • fat 8g • saturates 1g • carbs 13g • sugars 3g • fibre 5g • protein 6g • salt 0.02g



Brownie banana bread

This hybrid bake combines two kid-friendly treats, resulting in a chocolatey loaf cake that's easy to wrap and transport.

SERVES 8-10 **PREP** 20 mins
COOK 1 hr **EASY** **V**

125g unsalted butter, cut into pieces, plus extra for the tin
150g dark chocolate, chopped into small chunks
200g golden caster sugar
3 eggs
200g self-raising flour
50g cocoa powder
2 ripe bananas, peeled and mashed

1 Heat the oven to 180C/160C fan/gas 4. Butter a 900g loaf tin and line the base and sides with baking parchment. Tip 100g of the chopped dark chocolate into a heatproof bowl along with the butter, and melt over a pan of simmering water, ensuring the base of the bowl doesn't touch the water. Or, do this in the microwave in 20-second bursts. Set aside to cool slightly.

2 Beat the sugar and eggs together in a separate bowl using an electric whisk until light and frothy. Sift in the flour, cocoa powder and a pinch of salt, and fold to combine. Fold in the melted chocolate mixture, then the bananas and remaining chocolate chunks.

3 Scrape the mixture into the prepared tin and bake for 50 mins until puffed up and a skewer inserted into the middle comes out clean. Leave to cool in the tin for 10 mins, then remove to a wire rack and cool completely. If you like, clean out the tin and tip the loaf back into it for easier transport. *Will keep in an airtight container for up to four days.*

PER SERVING (10) 383 kcals • fat 19g • saturates 11g • carbs 45g • sugars 28g • fibre 3g • protein 6g • salt 0.5g

gf tip

If dark chocolate is too bitter for your little ones, you can swap it for milk chocolate.



Shoot director RACHEL BAYLY | Food stylist AMY STEPHENSON | Stylist FAYE WEARS





Cowboy caviar

This is sure to get kids excited about veg – it's a fresh salsa that can be adapted to suit any fussy eaters. If you're taking this to a picnic, add the avocado and coriander at the last moment (or leave out) to prevent discolouring or wilting.

SERVES 4 **PREP** 30 mins
NO COOK **EASY** **V**

400g can black beans, drained and rinsed
200g can sweetcorn, drained, or use frozen (defrosted if frozen)
2 large tomatoes, quartered, deseeded and finely chopped
1 small red onion, finely chopped
1 pepper (any colour), deseeded and finely chopped
1 large avocado, halved, peeled, stoned and finely chopped (optional)
small bunch of coriander, chopped (optional)
3 tbsp olive oil
1 lime, juiced, or 2 tbsp red wine vinegar
tortilla chips, to serve (gluten-free, if needed)

1 Tip the beans, corn, tomatoes, onion, pepper, avocado and coriander, if using, into a large bowl. (If not serving straightaway, add the avocado and coriander just before.)
2 Drizzle over the olive oil and lime juice or vinegar and gently stir to combine. Season to taste. *Will keep at room temperature for two hours, or chilled overnight, without the avocado and coriander*. Serve with tortilla chips for scooping up.

GOOD TO KNOW vegan • healthy • folate • fibre • vit c • 3 of 5-a-day • gluten free
PER SERVING 304 kcals • fat 19g • saturates 3g • carbs 20g • sugars 8g • fibre 10g • protein 8g • salt 0.03g

Cheese, chorizo & tomato scone loaf

SERVES 8 **PREP** 25 mins
COOK 30 mins **EASY** **V**

350g self-raising flour, plus extra for dusting
1 tsp baking powder
85g cold unsalted butter, cut into small cubes
100g mature cheddar, grated
100g sun-dried tomatoes (drained weight), roughly chopped
100g chorizo, finely chopped
4 spring onions, finely sliced
175ml-200ml milk
1 egg, beaten

1 Heat the oven to 200C/180C fan/gas 6 and line a baking tray with baking parchment. Tip the flour into a large bowl with the baking powder and 1/4 tsp salt, and mix gently with a cutlery knife. Scatter in the cubes of butter, then use your fingertips to rub this into the flour until there are no visible lumps of butter.
2 Mix through 70g of the cheddar along with the tomatoes, chorizo and spring onions using the cutlery knife until evenly distributed. Pour in 175ml milk and mix again until the ingredients clump together – if looking dry, add another 1 tbsp milk, or up to 200ml until soft and sticky Tip the dough out onto a lightly floured surface and briefly knead to incorporate any loose flour. (Try not to over-knead or the scones will be heavy.) Shape the dough into a round loaf.
3 Slide the loaf onto the baking tray and gently press down with the palm of your hand to create a chunky disc. Dust the cutlery knife or a chopstick with a little flour and use it to score the loaf into eight wedges, being careful not to cut all way through. Brush with the beaten egg and scatter over the remaining 30g cheese. Bake for 25-30 mins until golden brown, then leave to cool slightly. Serve warm with butter or wrap up for a picnic to serve with soft cheese. *Best eaten on the day it's made.*

GOOD TO KNOW calcium
PER SERVING 400 kcals • fat 20g • saturates 11g • carbs 40g • sugars 6g • fibre 3g • protein 14g • salt 1.7g



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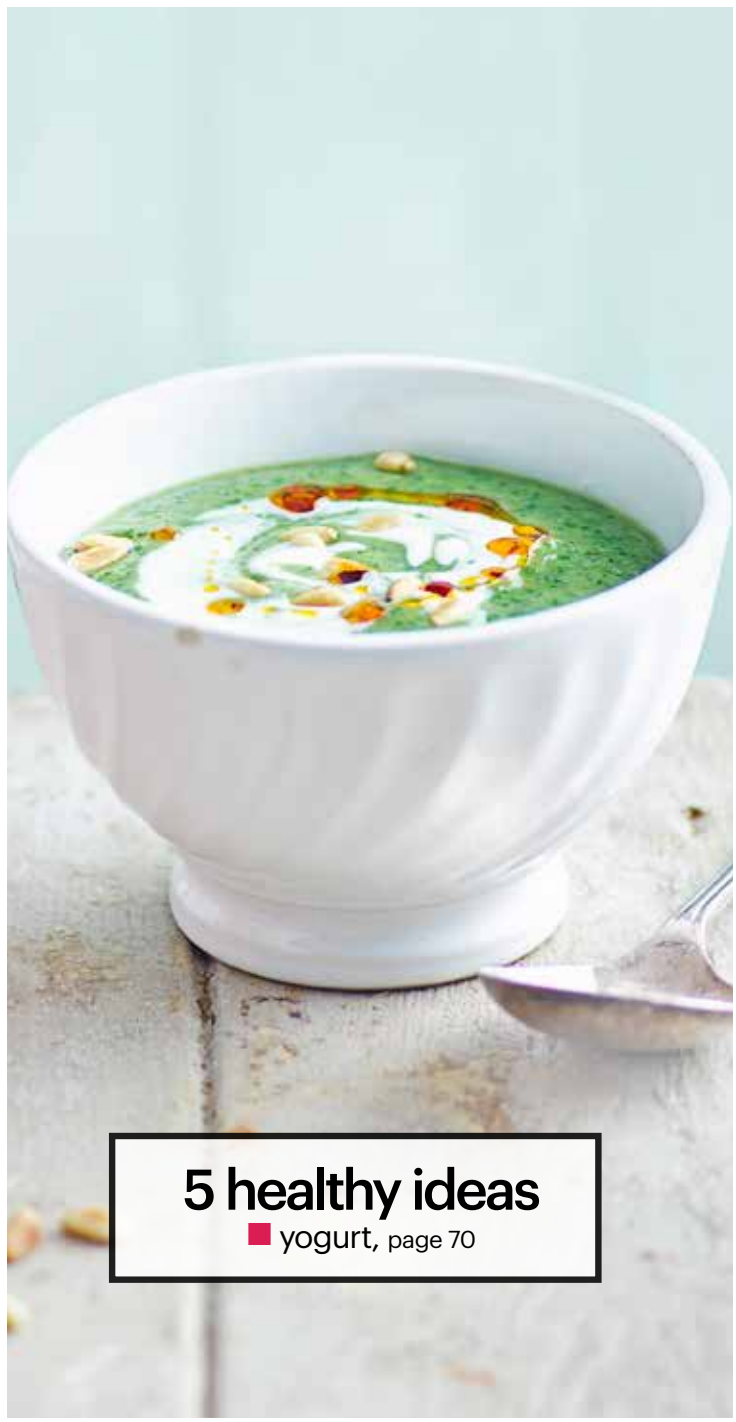
health

Delicious recipes and top nutrition tips



healthy diet plan

a touch of spice, page 68



5 healthy ideas

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gf **healthy diet plan**

a touch of spice

Make a change from rice with quick-cooking bulgur wheat and chickpeas – the result is a gently spiced vegetarian supper, full of flavour and textures

recipe SARA BUENFELD ***photograph*** MIKE ENGLISH

Bulgur & aubergine pilaf

We've made aubergine the star of this meat-free main, which is a useful source of nutrients. The skin contains the antioxidant compound nasunin, which is thought to support the heart. Aubergine is also good source of fibre and vitamin B1 (also known as thiamin), which the body can't make on its own.

SERVES 2 **PREP** 10 mins plus resting
COOK 35 mins **EASY** V

FIBRE | IRON | 3 OF 5-A-DAY

- 4 tsp rapeseed oil
- 2 onions, halved and thinly sliced (about 280g), scrunched to separate the pieces
- 1 tbsp finely chopped ginger
- 75g bulgur wheat
- 1 tsp vegetable bouillon powder
- ½ tsp cumin seeds
- 400g can chickpeas, drained
- 1 aubergine (about 260g), thinly sliced, or halved and sliced if it's a thicker one
- 20g coriander, chopped
- 30g feta, crumbled (vegetarian, if necessary)
- 10g toasted flaked almonds

1 Heat 2 tsp of the the oil in a large non-stick frying pan over a medium heat and fry the onions and ginger for 10 mins, stirring frequently until softened and golden. Set aside on a plate.

2 Meanwhile, tip the bulgur, bouillon and cumin into a pan and cover with 400ml water. Stir well, then bring to the boil, cover and cook over a low heat for 10-15 mins, or until the liquid has completely absorbed. Tip the chickpeas into the pan, then cover and set aside.

3 Meanwhile, heat the remaining oil in the pan you used to fry the onion over a medium-high heat, and fry the aubergine slices for 8-10 mins, keeping them in a single layer as much as possible. Flip them over halfway through the cooking time. After this time, cover and cook for a few minutes more until soft.

4 Toss the cooked aubergine into the bulgur mixture along with the onions and coriander, then pile onto a platter and scatter over the feta and almonds before serving.

GOOD TO KNOW healthy • fibre • iron • 3 of 5-a-day
PER SERVING 512 kcals • fat 17g • saturates 3g • carbs 62g • sugars 12g • fibre 17g • protein 20g • salt 1.4g

Shoot director RACHEL BAYLY | Food stylist ESTHER CLARK | Stylist MAX ROBINSON



5 healthy ideas

yogurt

Boost your gut health with our simple snacks, breakfasts and lunches

Supergreen soup with yogurt & pine nuts

SERVES 2 PREP 5 mins
COOK 25 mins EASY V

Heat **2 tsp olive oil** in a medium saucepan over a low-medium heat and cook **1 chopped onion** with a pinch of salt for 10 mins, stirring occasionally until softened but not coloured. Add **2 crushed garlic cloves** and cook for 1 min more. Tip in **1 potato**, cut into small cubes, followed by **600ml vegetable stock**. Simmer for 10-12 mins until the potato is soft enough that a cutlery knife will slide in easily. Add **120g mixed watercress, rocket and spinach salad**, and let it wilt for 1 min, then transfer to a blender and blitz until completely smooth. Ladle the soup into bowls. Divide **150g natural yogurt** between them and top with a **scattering of toasted pine nuts** (about 10g per bowl) and a **drizzle of chilli oil**, if you like.

GOOD TO KNOW healthy • calcium • folate • fibre • vit c • 1 of 5-a-day
PER SERVING 325 kcals • fat 13g • saturates 2g • carbs 36g • sugars 14g • fibre 7g • protein 12g • salt 1g

For more yogurt recipes, visit *bbcgoodfoodme.com*.

Spinach dhal with harissa yogurt

SERVES 2 PREP 5 mins
COOK 10 mins EASY V

Swirl **1 tsp harissa** through **60g Greek yogurt**. Toast **1 tbsp flaked almonds** in a dry frying pan over a low heat until golden. Warm **2 x 250g pouches cooked puy lentils** following pack instructions and stir through **200g spinach** to wilt. Spoon into bowls and top with the harissa yogurt and almonds.

GOOD TO KNOW healthy • low cal • folate • fibre • vit c • iron • 2 of 5-a-day • gluten free
PER SERVING 334 kcals • fat 13g • saturates 5g • carbs 33g • sugars 6g • fibre 6g • protein 19g • salt 0.2g

Creamy yogurt porridge

SERVES 1 PREP 1 mins
COOK 3 mins EASY V

Pour 200ml water into a small non-stick pan and stir in **25g porridge oats**. Cook over a low heat until bubbling and thickened. Stir in **150g 0% fat probiotic yogurt**. Serve plain or with your choice of toppings.

GOOD TO KNOW healthy • low fat • low cal • calcium
PER SERVING 184 kcals • fat 2g • saturates none • carbs 26g • sugars 13g • fibre 3g • protein 13g • salt 0.4g

Instant frozen berry yogurt

SERVES 4 PREP 2 mins
NO COOK EASY V

Blend **250g frozen mixed berries**, **250g 0% fat Greek yogurt** and **1 tbsp honey or agave syrup** in a food processor for 20 seconds until it becomes a smooth, ice-cream-like texture. Scoop into bowls and serve.

GOOD TO KNOW healthy • low fat • low cal • vit c • gluten free
PER SERVING 71 kcals • fat 0.2g • saturates 0.1g • carbs 9g • sugars 9g • fibre 2g • protein 7g • salt 0.1g

Coleslaw with tahini yogurt dressing

MAKES 6 PREP 15 mins
NO COOK EASY V

Put **1½ tbsp tahini**, **5 tbsp Greek-style natural yogurt**, **1 small garlic clove**, crushed, and some seasoning in a large bowl, and mix until smooth. Add 2-3 tbsp cold water to loosen. Add **1 small red cabbage**, finely sliced, **3 carrots**, cut into fine matchsticks, and **1 finely sliced onion**. Toss until everything is well coated.

GOOD TO KNOW healthy • vit c • 2 of 5-a-day • gluten free
PER SERVING 120 kcals • fat 6g • saturates 3g • carbs 9g • sugars 8g • fibre 5g • protein 4g • salt 0.1g



Supergreen soup with yogurt & pine nuts

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TASTING NOTES

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GOURMET LIFESTYLE



THE SUITE LIFE
WALDORF ASTORIA LUSAIL DOHA p74

Competitions, p79



THE SUITE LIFE

Pack your bags and head to Qatar for a luxurious weekend escapade at Waldorf Astoria Lusail Doha















Unveiled at the end of last year, Waldorf Astoria Lusail Doha boasts a range of opulent amenities for business and leisure travellers alike. From renowned restaurants and a dedicated fitness centre to a private beach and a waterpark, the nautical-themed destination combines the best of luxury, thrilling adventures, and culinary experiences for a serene retreat to explore during your stay.

Having prearranged our airport transfers, our arrival to the hotel was smooth and effortless, with the hotel's strategic location of being only 20 minutes away from the airport, adding to our delight. Upon entering the hotel lobby, be prepared to be greeted with a sense of relaxation with the abundant natural light illuminating the plush lounge area and the Peacock Alley - featuring an exquisite clock, reminiscent of Waldorf Astoria's illustrious history. The check-in process was swift and we were then personally escorted to the suite, where we enjoyed some well-deserved rest after our travel.

ACCOMMODATION

The King deluxe one-bedroom suite features a spacious living area with a four-seater dining table, ample storage space, a quaint work desk, a comfortable seating area opposite the TV, a pull-out sofa bed, a guest bathroom and a balcony extended to the bedroom, offering breathtaking views of the beach and pool. The door ahead takes us to the luxurious bedroom featuring a king-sized bed, modern furnishings, a dresser, a walk-in closet, and a bathroom with a rain shower, bathtub and exquisite amenities including Byredo products. The interiors are adorned with paintings, colour co-ordinated novels on display, earthy hues to compliment the beachfront hotel's aesthetic, and a minimalist yet relaxing lounge seating at the extended balcony.

If you're looking to order in, the dining menu offers a wide selection of dishes for Arabic breakfast, English breakfast, French toast, waffles, pancakes, appetizers, soups, salads, sandwiches, and plenty more.

CULINARY OFFERINGS

The five-star resort offers guests exceptional dining experiences with its world-class gastronomic venues, which include internationally acclaimed restaurants such as SUSHISAMBA, Scarpetta, Bywater, Praia, Wyld Erth, and Peacock Alley.

For dinner, we visited the intimate dining venue Scarpetta, making our way outdoors to enjoy the glistening night lights and sea breeze. The Italian menu features flavourful dishes







including homemade pastas made from scratch, using premium ingredients. We highly recommend ordering the satisfying Creamy polenta topped with a fricassée of truffled mushrooms, followed by the signature Braised short rib with a rich, creamy farro risotto for appetizers. The epicurean journey continued with our choice of mains - Ravioli cacio e pepe and the venue's newest addition Rack of lamb. The perfectly-cooked pasta featured delicate ravioli filled with rich cheese, brown butter, sage and charred leeks, adding a gorgeous combination of a nutty aroma and smoky flavour. The savoury, succulent Lamb was topped with lamb sauce and served alongside sauteed mushrooms, baby artichokes, and zucchini scapece.

Desserts called for the renowned Espresso budino, the venue's contemporary twist on the traditional Italian pudding with a unique touch of espresso and salted caramel, topped with a dollop of hazelnut gelato, and a side of crunchy chocolate biscotti.

Waking up early, we were ready to tuck into the lavish breakfast buffet and à la carte menu at Bywater. Order your choice of juices, coffee or tea and marvel at idyllic beach and pool views throughout your experience. We perused the menu and ordered the artfully plated Wild rice nasi goreng, as well as the scrumptious Lamb meatballs topped with spicy tomato sauce and feta cheese, served alongside a fried egg. A beeline toward the display spread features a breakfast cereals section, a wide selection of salads, pastries including Za'atar croissant, Chocolate croissant, Arabic manakish, and Walnut halwa muffins, a salads section, and plenty more. We tucked into the delectable Shakshuka, followed by Hash browns and Beef chipolata for a joyful end to our breakfast.

FACILITIES

For those seeking relaxation and recreation, the hotel features three swimming pools, including one for adults, one for families, and another for children, as well as a dedicated FlowRider surf area, Aloha Surf Club. Kids can make their way to the Wadi Lusail Waterpark, which boasts various water slides, play areas, and an exciting adventure trail. If the little ones are looking for something creative, discover the outdoor playground and immersive Kunuz Kids' and Teens' club for a range of activities, from imaginative arts and crafts to cultural engagement.





The five-star hotel is also home to ESPA Life, offering a range of wellness and spa treatments to rejuvenate during the holidays. My partner and I both booked the ESPA bespoke beauty intensive facial massage, which aims to deeply cleanse, hydrate, and renew the skin using the spa's high-end products. The experience begins with a gentle scrub followed by a cleanser and refreshing face mist to prepare the skin for the massage. The massage itself is incredibly relaxing, accompanied by soothing music to calm the mind. The therapist applies a clarifying clay mask to brighten the skin and target pigmentation while simultaneously massaging the scalp for added relaxation. The session concludes with an eye-soothing gel to reduce dark circles and puffiness, as well as a nourishing lip balm, optimum skin serum, and a balancing moisturizer to leave your skin glowing and revitalized. After the massage, we were taken to the lounge to explore its various amenities including a vitality pool, sauna, steam room, and plenty more.

BOOK NOW

The King deluxe one-bedroom suite is available from AED2,479 per night. Call +974 4456 5777. Visit hilton.com/en/hotels/dohqtwa-waldorf-astoria-lusail-doha/.

Words by Blanche D'mello









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COMPETITIONS

Fabulous prizes, from dining vouchers to gourmet goodies, up for grabs



ROMANTIC DINNER AT PIATTI BY THE BEACH, RAFFLES THE PALM DUBAI, WORTH AED2,500

Piatti is offering an intimate private dinner by the beach, where you and your partner can enjoy a one-of-a-kind candlelit dining experience with a personal butler attending to every detail. Indulge in a sumptuous three-course meal from the à la carte menu, accompanied by a bottle of grape or mocktails.



SATURDAY BRUNCH FOR TWO AT ERNST BIERGARTEN, WORTH AED800

Located at the 25hours Hotel Dubai One Central, Ernst Biergarten introduces its Ernst Oktoberfest brunch featuring classic German dishes including Chicken sausages, Weisswurst, and Apple strudel with ice cream, served as a part of its buffet-style menu and accompanied by free-flowing beverages.



DINING VOUCHER AT OSTERIA MARIO OR SHVILI, WORTH AED500

Dine at either one of the two sustainable-focused restaurants at Dubai Hills Mall, with Osteria Mario serving regional Italian dishes such as assorted Italy Salami picante with freshly baked bresaola and Baked bell peppers with Stracciatella cheese while Shvili presents a cosy ambience with an extensive menu brimming with dishes like succulent Chicken thigh and Adjarian khachapuri.



SHOPPING VOUCHER AT SANIPEX GROUP, WORTH AED500

Drawing on over five centuries of glassware production experience, Spiegelau excels at creating top-quality glassware for both restaurants and homes. Its innovative and modern designs, as well as attention, guarantee a superior culinary experience for your home. One lucky winner can shop the premium quality products from Sanipex Group.

Images SUPPLIED



DINING VOUCHER AT SEÑOR PICO, WORTH AED500

The Mexican-American restaurant invites you to discover an array of dishes including tantalizing dips, tasty tostadas, refreshing ceviches, hot tamales, traditional churros, and plenty more. Don't miss the gorgeous decor and vibrant beachside setting against the stunning backdrop of Ain Dubai, Dubai Harbour, and Dubai Marina.



DINING VOUCHER AT TAP HOUSE, DUBAI HILLS, WORTH AED500

The Tap House, a renowned local gastropub, has recently launched its third branch in Dubai Hills. Stand a chance to win a delightful three-course meal for two for a laid-back dining experience. Explore the venue's scrumptious European and Asian-inspired menu featuring culinary delights such as the all-time favourite IPA fish & chips, Steak & stout shepherd's pie, grilled Norwegian salmon teriyaki, and Black pepper beef wok-tossed with an Asian twist.



LUXURY HAMPER FROM DRINK DRY, WORTH AED500

Stand a chance to win a special hamper from UAE's leading premium beverage brand, filled with goodies including a bottle of exquisite alcohol-free Crossip Pure Hibiscus to prepare a refreshing Spritz or Negroni, a case of cucumber and watermelon tonic, two cans of Sea Arch Sea & T, a recipe card with exciting recipes, a Drink Dry gift voucher worth AED150, and a concoctions spoon and jigger to enhance your bartending skills.

To be in with a chance of winning these prizes, visit our competitions page on bbcgoodfoodme.com, or simply scan this QR code with your mobile to directly to the website.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.



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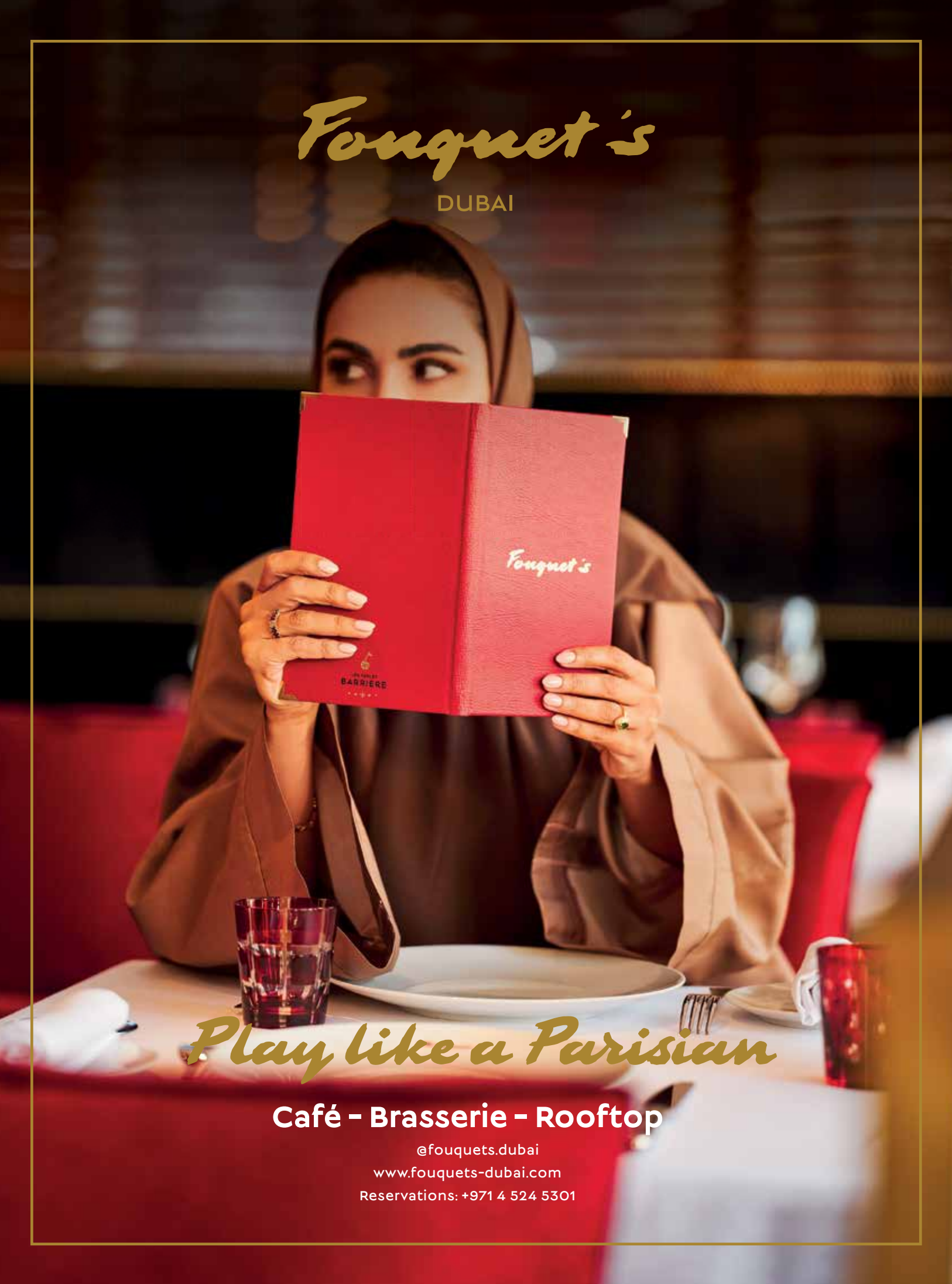
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